DOCUMENT RESUME

ED 147 271 SP 011 838

AUTHOR Morrison, Ray Leon
TITLE An Annotated Bibliography of Track and Field Books Published in the United States Between 1960-1974.
PUB DATE Jun 75
NOTE 115p.; Master's Thesis, San Jose State University

EDRS PRICE MF-$0.83 HC-$6.01 Plus Postage.
DESCRIPTORS *Annotated Bibliographies; *Athletes; *Athletics; Bibliographic Citations; *Lifetime Sports; Physical Education; Running; *Track and Field

ABSTRACT

This book is a comprehensive annotated bibliography of every track and field book published in the United States from 1960 to 1974. Running events, field events, general reading, biographies, records and statistics are included. Each entry is fully annotated. Major track and field publishers are listed as well as track and field periodicals. (JD)

* Documents acquired by ERIC include many informal unpublished materials not available from other sources. ERIC makes every effort to obtain the best copy available. Nevertheless, items of marginal reproducibility are often encountered and this affects the quality of the microfiche and hardcopy reproductions ERIC makes available via the ERIC Document Reproduction Service (EDRS). EDRS is not responsible for the quality of the original document. Reproductions supplied by EDRS are the best that can be made from the original. *

ED147271

AN ANNOTATED BIBLIOGRAPHY
OF TRACK AND FIELD BOOKS
PUBLISHED IN THE UNITED STATES
BETWEEN 1960-1974

A Research Paper
Presented to
the Faculty of the Department of Librarianship
San Jose State University

In Partial Fulfillment
of the Requirements for the Degree
Master of Arts

by
Ray Leon Morrison
June, 1975

SP 011 838

U.S. DEPARTMENT OF HEALTH,
EDUCATION & WELFARE
NATIONAL INSTITUTE OF
EDUCATION

THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY

This research paper was completed in partial fulfillment of the requirements for an advanced degree in the Department of Librarianship of San Jose State University. Short quotations may be taken from this research paper if the source is acknowledged.

This research paper will be deposited in the collection of the Department of Librarianship and will be available to borrowers under the rules of the Department.

Research project directed by:

Stuart Baillie

Professor

Dedicated to my parents:

Mr. and Mrs. Duane A. Morrison

and

Mr. George Studley

TABLE OF CONTENTS

I. INTRODUCTION 1
  - Statement of the Problem 1
  - Purpose of the Study 1
  - Treatment 2
  - Method of Search and Selection 3
  - Limitations 4

II. MAJOR TRACK AND FIELD PUBLISHERS 5
  - Track & Field News Inc. 6
  - World Publications 11
  - Bibliography 17

III. ANNOTATED BIBLIOGRAPHY 18
  - Running, Hurdling, and Walking 18
  - Field Events 44
  - All Events 48
  - Biographies 68
  - Records and Statistics 73
  - Physical Fitness 79
  - Books Not Examined 85

IV. TRACK AND FIELD PERIODICALS 86
  - Major Periodicals 86
  - State and Regional Periodicals 88
  - Club Periodicals 90
  - Other Periodicals 93

V. INDEXES 96
  - Authors 96
  - Books 98
  - Periodicals 104
  - Publishers 106

INTRODUCTION

Before 1960, there were only a few dozen research studies and technical books written in the area of track and field; most of these were written by ex-athletes and coaches.

However, in the last fifteen years, American colleges began funding facilities and encouraged many individuals to experiment on the various facets of track and field. New developments included improved coaching, mechanical pacemakers, weight training, publicity, multimedia aids, and event specialization.

With these studies, numerous books were written and published at such an increasing rate each year, there was a need to compile a list for future reference.

Statement of the problem. This project contains a comprehensive annotated bibliography of every track and field book published in the United States from 1960-1974. All books on the various running events, field events, general reading, biographies, records and statistics have been examined and included in this research project.

Purpose of the study. This bibliography includes all the books the author could locate and find at Track & Field News Inc. and World Publications, two of the best track and field publications in the world. Both of these publishers are located in Santa Clara County, so it was possible to acquire a great wealth of information from them.

Self-interest is another reason why the author worked on this project. Track and field is one of the most popular participation sports in the country and cuts across all segments of the population. Also, the less formalized aspects of the sport - jogging and running training - are excellent for general body conditioning.

This compilation lists and describes the latest track and field books, so that the athlete, coach, and track fan will know what is available on the market. In so far as was possible - all books in this area have been thoroughly examined. Each entry is fully annotated, thereby providing a guide to the reader as to the value of this information.

Treatment. The books listed in this bibliography are those published between 1960-1974 in the United States on track and field. The listings present complete bibliographical information on each work and an annotation on the contents and general characteristics of the material. In addition, many of the annotations include a statement by this researcher concerning the worth of the particular work under examination.

The works listed in the bibliography are arranged under broad subject headings alphabetically by the author's surname. At the end of the paper is an author, title, publisher, and magazine index.

Literature survey. There has been only one major bibliography published on track and field, but it dealt specifically with British books. This work is by Peter Lovesey and Tom McNab's, THE GUIDE TO BRITISH TRACK AND FIELD LITERATURE 1275-1968. However, there is an unpublished bibliography by Don Sawyers, THE DISTANCE RUNNER: A BIBLIOGRAPHY. Sawyer wrote this for one of his librarianship classes at the University of California-Berkeley, but it contains mainly periodical articles.

There are also bibliographies in many of the books which the author has examined, but most of them have only a half-dozen titles and are not annotated. Two of the most significant ones which have the most entries are Bill Bowerman's, COACHING TRACK AND FIELD, and Ken Doherty's, TRACK AND FIELD OMNIBOOK.

Each book surveyed with a bibliography, regardless of size, was noted in this paper.

Method of research and selection. The bibliography is compiled from materials personally examined by the writer. However, there is a list of a dozen books which were not available for inspection but meet the requirements for the bibliography. A separate list has been set aside for that purpose.

In addition, sources such as the CUMULATIVE BOOK

INDEX, LIBRARY OF CONGRESS - SUBJECT GUIDE, AMERICAN BOOK PUBLISHING RECORD, and various track and field publisher catalogs were consulted as aids in writing the bibliographic citations and annotations.

Limitations. Only those materials printed in the United States between the specified dates are included in this bibliography. Any book published before 1960, regardless of how popular it still is, was not considered. Other forms of media such as films, tapes, newspapers, and slides are excluded. However, a small chapter dealing with the various United States track and field periodicals can be found in the appendix.

In addition, only those books dealing with track and field were considered for inclusion. Although this research paper is prepared with the serious track researcher in mind, it does include juvenile literature because many of the books for children can be of interest to adults. Finally, there is a list of publishers where many of the books can be purchased.

MAJOR TRACK AND FIELD PUBLISHERS

Introduction

Santa Clara County, Calif., is blessed in having the two largest track and field publishers in the world - Track & Field News Inc. in Los Altos, and World Publications in Mountain View. A third of the 238 books and pamphlets in this bibliography are published by these two firms alone.

Track & Field News Inc. originated with a monthly magazine called TRACK & FIELD NEWS and soon added a technical journal, a weekly statistical newsletter, a dozen published books a year, and other track supplies. The monthly magazine now has over 20,000 subscribers and covers the entire track and field spectrum.

World Publications is a relatively young organization. It also publishes a monthly magazine titled RUNNER'S WORLD, a monthly series of booklets, and other books. This material serves a different audience - for runners only, mostly long distance - and has a circulation of approximately 20,000.

A more in-depth study of these two specialized publishers follow with information on their early years, books and magazines published, and their present status.

Track & Field News Inc.

TRACK & FIELD NEWS is universally recognized as the "bible of the sport" and is known for its attention to news reporting and statistical compilations. Most major meets, conferences, and agencies including the NCAA, USTAFF, AAU, and USOC have used their statistical records for seeding, qualifications, and standard verifications.

The magazine and corporation was founded in the late 1940's by two San Bruno, Calif., brothers, Bert and Cordner Nelson, both avid track fans.

The first issue was ready for the public in February 1948, with Bert as the publisher and Cordner as editor. The subscription cost ran $3 a year for the monthly tabloid consisting of four pages, a few photographs, and typewritten copy.[1]

Circulation started from an original core of several hundred readers and ran into the thousands before too much time had gone by. Originally the magazine was a "hobby" activity, but within a year, it was occupying Bert Nelson full-time.

In the early 1950's, the periodical was moved from San Bruno to Los Altos, Calif., where the magazine has occupied three different offices on First Street.

---

[1] Statement by Ed Fox, assistant publisher, Track & Field News Inc., personal interview, Los Altos, California, February 25, 1975.

TRACK & FIELD NEWS contains the world's most comprehensive English-language news coverage of the sport. It includes deep lists and rankings, results, letters, editorials, book reviews, articles on the administration of the sport, opinion polls, personality sketches, and occasional training and technical articles.[2]

Special issues have been printed to commemorate each Olympic Games since 1948 giving a detailed event-by-event account with complete track and field results. In recent years, special Olympic preview issues predict the most likely medal winners and give the background information and best times of each performer.

Since 1964, an annual edition, including a complete statistical review of the previous year - with rankings, athletes of the year, performance tests, and records - has been published every January.

Several other publications have been printed by Track & Field News Inc. notably TRACK NEWSLETTER which began in 1955. This eight to ten page publication keeps the most avid fans posted on the latest results from around the world, with often lengthy meet summaries. A subscription costs $8 a year with eighteen issues annually, including weekly sheets sent during the peak season by first class mail.[3]

---

[2] Fred Wilt, "From the Desk of Fred Wilt," TRACK TECHNIQUE (Los Altos, Calif.: Track & Field News, December 1973) no. 58, p. 2.

In 1960, a new technical quarterly, TRACK TECHNIQUE was established with Fred Wilt as the editor. With the circulation currently at over 3,000, this journal shows the various training methods used by top athletes and has articles on all technical aspects of the sport.[4]

In recent seasons, TRACK MARKET PLACE has been published semi-annually - in the Spring and Fall. This publication is a buyer's guide to track and field merchandise, much of which can be obtained through Track & Field News Inc.

Track & Field News Inc. has been publishing books since the 1950's and currently puts out five to ten books a year. Among the most requested titles are Cordner Nelson's THE JIM RYUN STORY and RUNNERS AND RACES (with Roberto Quercetani) as well as Fred Wilt's RUN, RUN, RUN and HOW THEY TRAIN. Other popular books are James Gardner and Gerry Purdy's COMPUTERIZED RUNNING TRAINING PROGRAMS and Jack Shepard's annual HIGH SCHOOL TRACK.

The biggest sellers as of January 1975 are RUN, RUN, RUN, (now in it's sixth printing) with approximately 20,000 copies and THE JIM RYUN STORY at 15,000.[5]

---

[3] Carolyn F. Ulrich, ed., ULRICH'S INTERNATIONAL PERIODICAL'S DIRECTORY, 15th ed. (New York: Bowker, 1973) p. 1973.

[4] Ibid.

[5] Letter from Ed Fox, assistant publisher, Track & Field News Inc., September 26, 1973.

Other articles that Track & Field News Inc. sell are track posters, jewelery, t-shirts, stopwatches, electronic timers, films, film loops, track books published by other companies, and miscellaneous equipment.

A major project that the magazine staff members get involved with is the sponsoring of Olympic tours, operated since 1952. These expeditions are the world's largest and most successful tours to the Olympic Games. For example, they took over 800 fans to Mexico City, Mexico in 1968; 1,100 people to Munich, West Germany in 1972; and have signed up more than 2,500 track "nuts" (as of January 1, 1975) for Montreal, Canada for 1976.

Also in 1976, the corporation will host their first tour to the Winter Olympics in Innsbruck, Austria. Finally, they sponsor excursions to other major athletic competitions such as the Pan American Games and European Championships.

From its modest beginnings in 1948, Track & Field News Inc. has grown to where it now employs twenty full-time workers. Bert Nelson is still publisher and editor and actively involved in the company's day-to-day operation. Cordner Nelson chiefly concentrates these days writing books on track and reporting on the Olympics and other meets. Handling the business side of the operations is the assistant publisher, Ed Fox.

Hal Bateman was the first managing editor and was succeeded by Dick Drake in 1964. In 1973 Garry Hill and

Jon Hendershott was named co-managing editors. But the following year Hill took over the post while Hendershott became the new feature editor.[6]

Because there is only one staff writer on the magazine, the use of over a hundred correspondents and photographers is required.

The Track & Field News Inc. operation is presently run in three different offices. The executive staff is situated at 365 First St., while the editorial offices are at 343 Second St. (both in Los Altos) and the warehouse and shipping faculity is at 1010 Corporation Way, Palo Alto.

The TRACK & FIELD NEWS format is now glossy paper, two-color covers, generous use of action photographs, professionally type-set copy, more pages, and more issues. There were twelve issues per year until February 1968 when it switched to eighteen issues annually (once a month except February through July when it came out twice monthly.) However, because of economics, the magazine went back to twelve issues per year starting in January 1975. The equivalent number of pages will be used each year, thus increasing the number of pages per issue.[7]

---

[6] Ibid.

[7] Statement by Ed Fox, loc. cit.

While most magazine subscriptions have risen in the last year or so, TRACK & FIELD NEWS has remained at $9 a year since January 1973. This has helped increase circulation eight to ten per cent per year with subscribers in every state and in more than sixty-five countries in the world.

With track and field becoming more popular each year, it looks like there is a bright future for Track & Field News Inc. and its various publications.

World Publications

Perhaps the biggest success story to ever take place in the area of track and field publications is that of RUNNER'S WORLD (formerly DISTANCE RUNNING NEWS) and its founder and publisher Bob Anderson.

Anderson began running in 1962 while a freshman at Shawnee Mission West High School, Overland Park, Kansas where he soon developed into one of the best long distance runners on the cross country and track teams.

His enthusiasm for the sport and the frustration of not finding any material on long distance running outside of TRACK & FIELD NEWS and LONG DISTANCE LOG got his wheels to turning in 1965. Anderson visualized a magazine devoted only to long distance running with results, articles on techniques, and personality sketches.

The first act he performed was to write to several of the writers of LONG DISTANCE LOG to ask for articles to fill the first issue, along with a notice that he could not pay them a cent. Also, he placed some advertising in the two track periodicals to announce his magazine and to draw new subscribers.

With only $100 in his pocket to pay for 1,000 copies, his first issue of DISTANCE RUNNING NEWS went to press in 1966 just as Anderson graduated from high school. With the subscription price set at $1 for the bi-annual publication, he eventually sold all his copies within the first year and a half. The entire operation of putting the new periodical together, consisting of twenty-eight pages of 5½ by 8½, printed on an offset press, plus the mailing, took place in Anderson's bedroom.[8]

The following year, Anderson went to four issues annually with the circulation near the 1,500 mark. Such top track writers as Ted Corbitt and Hal Higdon wrote stories which added to the prestigue of the magazine.

Another expansion took place in 1968 when DISTANCE RUNNING NEWS was increased to six issues per year. Anderson contacted Joe Henderson of TRACK & FIELD NEWS to write a long distance column, but it took a long time to clear it with Bert Nelson, editor and publisher of the magazine. Anderson had read Henderson's articles in the magazine and had discovered his name on the original 1966 subscription list as number 32.

---

[8] Statement by Bob Anderson, publisher, World Publications, personal interview, Mountain View, California, February 12, 1975.

Within the next year, Henderson was cleared by his editor and started writing columns on a regular basis. After reading some of these articles, Anderson wrote to Henderson offering him the editorship of the DISTANCE RUNNING NEWS. Other features that appealed to Anderson were Henderson's keen interest in long distance running which was exemplified by his several books on the subject.

In July of that year, Anderson made his first trip to the San Francisco (Calif.) Bay Area and liked the region so much that he moved his office to 95 Main St., Los Altos, Calif. - less than a mile from TRACK & FIELD NEWS. Anderson hired Henderson and two part-time workers to manage the four-hundred square foot office.

According to Anderson, during this period of time two things kept the magazine's head above water: the selling of books and stopwatches and placing advertising in other track and field periodicals.[9]

One of the major changes in 1970 was switching the name of the magazine from DISTANCE RUNNING NEWS to RUNNER'S WORLD.

---

[9] Ibid.

Space began to become a problem as circulation of the periodical and book sales increased, so the magazine staff moved to a one-thousand square foot building at 2560 Middlefield Road, Mountain View, in January 1971. The staff was also increased to four full-time employees and three part-time workers.

The following January, Anderson again moved his operation to a twenty-five hundred square foot warehouse at 931 Industrial Park, Mountain View, where they stayed for another two years. During this period, a second publication came out in February 1972 called BIKE WORLD.

RUNNER'S WORLD covered only distance running in its infant years; however, that began to change in 1973 when Anderson felt the entire spectrum of running should be covered. Consequently, articles on sprinting and hurdling as well as on marathons began to appear.

Two new magazines were initiated that year, AQUATIC WORLD in July and NORDIC WORLD in September. With four magazines on various sports, Anderson changed the corporation's name to World Publications.

In 1974, RUNNER'S WORLD moved to its present location at 1400 Stierlin Road, Mountain View. At first the business had a five-thousand square foot warehouse section, but with the addition of the new magazines and increased sale of supplies, they were forced to double their space. By 1975, the number of employees had risen to thirty-five.

The format of RUNNER'S WORLD has not been altered since its first issue. However, there are now more pages, better edited material, and a color cover.

Other magazines to begin publishing under the World Publications banner were SOCCER WORLD in February 1974; DOWN RIVER in July 1974; SELF-DEFENSE WORLD in January 1975; and GYMNAST WORLD in January 1975. Anderson assumes the role as editor of each new magazine until it gets off the ground. Then he hires a new editor who has been previously involved in the sport and is willing to promote it.

Another major project that World Publication is involved with is the Runner's World Monthly Booklets. Started in 1971, this series takes one basic area in running such as veteran running, a specific runner, an event, or technique and then expands upon it. The forty-two booklets that have been published from 1971 to 1974 have been successful financially with THE RUNNER'S DIET topping the list with over 12,000 copies sold and Henderson's RUN GENTLE, RUN LONG not too far behind.[10] Although the series will terminate in July of 1975, a new bi-monthly series of track books will take place. Each book will give more in-depth coverage of running than what the booklets could provide.

---

[10] Runner's World staff, RUNNER'S MONTHLY BOOKLET 1974-1975 CATALOG (Mountain View, Calif.: World Publications) 1974, p. 2.

The concept of regular booklets has carried over into the other sports that World Publications cover such as the Bike Book Quarterly and the Nordic Series.

RUNNER'S WORLD has been very successful with the circulation of its magazine. It has gone from 1,000 copies in 1966 to 16,000 in 1973 and is now above the 20,000 mark.[11]

Also, the book sales are growing with GUIDE TO DISTANCE RUNNING at the top of the list at 14,000 paid copies and even with only being on the market five months the $10.95 copy of THE COMPLETE RUNNER has sold over 6,000 copies.

Another measure of success is that World Publications grossed $60,000 in 1970, $450,000 in 1973, and topped the $1,000,000 mark in 1974.[12]

In less than a decade World Publications has gone from a single idea to a million dollar business. With Anderson at the helm RUNNER'S WORLD has flourished since its birth in 1966 and both should be around for a long, long time.

---

[11] N. W. Ayers and Sons. AYERS DIRECTORY OF PUBLICATIONS AND NEWSPAPERS (Philadelphia: Ayers Press, 1974), p. 155.

[12] Statement by Bob Anderson, loc. cit.

BIBLIOGRAPHY

Anderson, Bob. Personal interview. Mountain View, California, February 12, 1975.

Ayers, N. W. and Sons. AYERS DIRECTORY OF PUBLICATIONS AND NEWSPAPERS. Philadelphia: Ayers Press, 1974, pp.

Fox, Ed. Personal interview. Los Altos, California, February 25, 1975.

Runners World Staff. RUNNER'S MONTHLY BOOKLET 1974-1975 CATALOG. Mountain View, Calif.: World Publications, 1974, 32pp.

Track & Field News Inc. Personal correspondence between Ed Fox, assistant publisher, and Peter Mueller, Lake Nabogamon, Wisconsin. September 23, 1973.

Ulrich, Carolyn F., ed. ULRICH'S INTERNATIONAL PERIODICALS DIRECTORY, 15th ed. New York: Bowker, 1973. 2706pp.

Wilt, Fred. "From the Desk of Fred Wilt," TRACK TECHNIQUE, No. 58. Los Altos, Calif.: Track & Field News, Dec. 1973, 36pp.

ANNOTATED BIBLIOGRAPHY

Running, Hurdling and Walking

AGE OF THE RUNNER. Mountain View, Calif.: Runner's World Magazine, 1974. (56pp.)

This booklet examines the effects of age on performance and of running on aging. Two messages are related in the book; runners have a way of growing old more gracefully than less active people, and the physical changes of aging - the rapid speeding up early and the gradual slowing down later on - are inevitable. Contains unique charts and scoring systems for weighing the value of times according to one's age. It also lists the ages of the world's best athletes and of Olympic champions and events for comparison. Runner's Monthly Booklet Series.

ALL ABOUT DISTANCE RUNNING SHOES. Mountain View, Calif.: Runner's World Magazine, 1971. (48pp.)

A complete and indispensable buyers/wearer's guide which includes detailed descriptions of the sixty-six models of flats, spikes, and walking shoes. Major brands and models are compared as to their price, purpose, weight, components, and special features. User's comments, both positive and negative are given. A special section on the proper care of shoes and the runners feet is featured. A list of basic shoe anatomy terms is given as well as a chart showing the percentages of runners who use each shoe. Runner's Monthly Booklet Series.

Anderson, Bob and Joe Henderson, ed. GUIDE TO DISTANCE RUNNING. Mountain View, Calif.: World Publications, 1971. (206pp.)

Contains nearly one hundred articles and photographs on all phases of endurance running: training, how to run races, coaching, why runners run, individuals who participate, and a chapter of photographs showing many of the highlights of this sport. This book is intended to give runners, coaches and other students of the sport, a well-rounded sampling of the best writing and photography done on distance running. The appendix is filled with World, United States, and Olympic records; a metric conversion table; and a list of major running periodicals.

ATHLETE'S FEET. Mountain View, Calif.: World Publications, 1974. (48pp.)

Feet are the most vital part of the running body and this booklet describes how to give them the correct care they need. Minor foot problems can lead to crippling injuries in the legs, knees, and back; and leading podiatrists and sports medical experts tell how to avoid these problems by carrying out a program of proper foot maintenance. Illustrations show the various parts of the foot, the areas where problems can occur and the way to prevent them from happening. It lists exercises for the feet and explains choosing the correct running shoes. A selection of reference books are given at the end of the text. Runner's Monthly Booklet Series.

BEGINNING RUNNING. Mountain View, Calif.: Runner's World Magazine, 1972. (32pp.)

A manual to bridge the gap between helping the beginners become fit runners and helping fit runners guide beginners. It explains how to begin running, the benefits of it, and gives a pre-run safety check. Training is discussed giving the why, where and how to go about it and signs to look for in success and failure. It takes the runner through the entire ranges of experiences he or she can expect. One section discusses Dr. Kenneth Cooper's aerobics and point-system methods for fitness. Runner's Monthly Booklet Series.

THE BOSTON MARATHON. Mountain View, Calif.: Runner's World Magazine, 1972. (48pp.)

Gives a long look at why the Boston Marathon has become the most popular and well-known marathon in the world, covering its history, legends, course, organization, and most of all - its people. A year-by-year account is given of each race with runners listed and anecdotes of what happened along the way. A large portion of the booklet is devoted to statistics such as the hundred fastest times, records for various age groups, numbers of entries each year, course record progression, differences in course distances and mile-by-mile elevations. It is considered 'must' reading for the potential Boston Marathon runner. Runner's Monthly Booklet Series.

Bowen, John D. R. STRENGTH, HEALTH AND LONGER LIFE THROUGH RUNNING. Houston: World Marathon Runners Association, 1969. (18pp.)

Written by the director of the World Marathon Runners Association, this booklet describes the world of jogging, some of the benefits and problems people face, age limitations, mental battles, injuries, breathing and health, and how to train. An eight-week beginning schedule helps the novice runner build up his body with an easy, medium or hard distance training schedule to help keep him in shape. An application to join the WMRA group is included.

Bowerman, William J. and W. E. Harris. JOGGING. New York: Crossett and Dunlap, 1967. (128pp.)

The how and why of jogging is explained in this book by Bowerman, a noted track coach, and Harris, a heart specialist. It tells why schedules are important, how jogging can improve a person's health, the proper way to run, a plan for jogging, the formation of jogging clubs, and the do's and don't of the sport. Photograph show both men and women jogging alone and in groups.

Bush, Jim and Tom Valentine. INSIDE TRACK. Chicago: Henry Regnery Co., 1974. (75pp.)

One of America's greatest coaches tells how to achieve the winning edge in the running events by using ideas, philosophy and training techniques that have brought his athletes unprecedented successes. Written for the youngster, it tells how to prevent injuries, conditioning, do's and don'ts for each event, a history of track and other items of interest. There is a glossary of track terms and photographs of UCLA runners in action, including sequence photos.

Cantello, Al and Bill Smith. JOGULARITY. Annapolis, Maryland: Al Cantello, 1968. (44pp.)

A humorous book on the jogging phenomenon. These cartoons are designed by a former world javelin record-holder and coach of the U.S. Naval Academy. Some examples of cartoons include joggers with training wheels, Texas joggers running in cowboy boots, Roman joggers giving racing times using Roman numerals and a prince trying a track shoe on Cinderella instead of a glass slipper.

CLUB RUNNING. Mountain View, Calif.: World Publications, 1974. (32pp.)

The potential strength of United States track and field lies in the club organization, and we haven't yet begun to tap this resource. This booklet tells why there should be running clubs and their advantages. How to start a club and make it successful is examined along with ways to open communication with the runners and to handle finances. A section of the booklet is devoted to a survey of the major clubs and their operated in New York and the Midwest. Also, a good description of the organization of the West Valley Track Club of the San Francisco Bay Area and the San Diego Track Club is given. Runner's Monthly Booklet Series.

COACHING DISTANCE RUNNERS. Mountain View, Calif.: Runner's World Magazine, 1971. (48pp.)

A look at the distance coaches and their role is the subject of this booklet. The readers reads about both sides of the issue as coaches discuss their runners and runners about their coaches. Following a discussion of coaches and their changing role in today's society, leading coaches from all levels of competition are profiled and interviewed. Included are Bowerman, Haydon, Igoli, Huten, and Jamieson; each one giving an overview of his methods, athletes and role as they see it. A list of periodicals and books on track and field are listed that are of value of coaches. Runner's Monthly Booklet Series.

Costes, Nick. INTERVAL TRAINING. Mountain View, Calif.: Runner's World Magazine, 1972. (80pp.)

The author, an Olympic distance runner and successful college track coach, gives a fresh look at the subject of interval training. Costes was one of the first Americans to employ interval training methods in his own workouts, and has since become an expert on it. His booklet gives helpful advice on using interval training methods successfully for track and road races, and for year-round training and conditioning. A daily workout schedule is given for beginning and advanced runners. Runner's Monthly Booklet Series.

Costill, David L. WHAT RESEARCH TELLS THE COACH ABOUT DISTANCE RUNNING. Washington D.C.: American Association for Health, Physical Education and Recreation, 1968. (49pp.)

Prepared for the benefit of all coaches and runners who wish to evaluate their current distance running programs in the light of known facts based on scientific research. A description of the distance runner is studied as well as training, environmental influence and running the long race. Includes recommendations for further research in areas where very little research is available. Many charts and tables help back up statements made. A long list of references are given at the end of each article. What Research Tells the Coach Series.

Dintiman, George B. SPRINTING SPEED ITS IMPROVEMENT FOR MAJOR SPORTS COMPETITION. Springfield, Ill.: Charles Thomas Pub., 1971. (266p.)

One of the first texts available to deal exclusively with the improvement of sprinting speed. More than 225 studies are carefully analyzed in an attempt to uncover the degree to which specific physiological factors affect sprinting speed. Studies are analyzed in space and agility, flexibility, explosive power, reaction time, strength, stride, warmup, ergogenic aid and environmental conditions. An excellent fifteen page bibliography containing 315-periodical articles, books and thesis on speed and sprinting.

_____. WHAT RESEARCH TELLS THE COACH ABOUT SPRINTING. Washington D.C.: American Association For Health, Physical Education and Recreation, 1974. (85pp.)

Prepared for all coaches and sprinters, as a means of evaluating current sprint training programs, in light of scientific facts discovered through the review of more than 250 studies. In several areas where gaps were evident, the author attempted to investigate certain aspects as a means of uncovering critical data and then making recommendations for consideration by further researchers. Charts are included along with various lists of statistics to present points that are made in the text. Also, a list of references can be found at the end of each chapter. What Research Tells the Coach Series.

Dodd, Edward and Thomas J. Osler. GUIDE TO LONG DISTANCE RUNNING. n.p.: South Jersey Track Club, 1965. (20pp.)

This booklet gives runners, officals, and spectators in the Middle Atlantic area, that information which is most useful for the evaluation and understanding of road running performances. It provides maps, course records and a list of the best times recorded on the most frequently run courses. Printed by the Road Runners Club, this booklet is used for the promotion of long distance running.

Doherty, J. Ken. TRACK AND FIELD MOVIES ON PAPER. Swarthmore, Penn.: J. Ken Doherty, 1967. (88pp.)

Through the use of illustrations made from photographed champions, the author has put together a book on sprinting, running, and hurdling. There is a minimum number of words with just enough to provide clarity of what is going on. These illustrations were sketched from actual photographs and show the proper style of running. The booklet can be cut up and the various illustrations put upon a bulletin board or xeroxed. There are also sections on several training tips and methods, exercises, coaching and conversion tables. Also a page of various track and field books are listed.

Dunaway, Jim and Sports Illustrated editors. SPORTS ILLUSTRATED TRACK AND FIELD: RUNNING EVENTS. Philadelphia: Lippincott, 1972. (96pp.)

An overview on sprinting, hurdling, and middle and long distance running, with suggested training schedules for each event. Instructions are given for the proper use of weights in muscle building and the effective use of warmup procedures, along with directions for keeping a daily training diary. Included is information on the five "S's" of training: speed, strength, self-control, skill and stamina. Written for the young trackster, the text is easy to read and understand.

Emmerton, Bill and Ove H. Sehested. RUNNING FOR YOUR LIFE. New York: World Pub., 1970. (118pp.)

Here is a highly readable and enjoyable treatment of one of today's most topical subjects: health and physical fitness. Written by a jogger who has run more than 100,000 miles in his lifetime, he outlines the various programs, each designed to fit the needs of different people in various occupations. Exercises are discussed along with yoga programs, proper diet and nutrition for correct weight control, important organs of the body and their interaction, and their relationship to good health. How to jog is stressed as much as how long to jog.

THE FEMALE RUNNER. Mountain View, Calif.: World Publications, 1974. (32pp.)

This booklet is designed to help women runners accept the features of their own makeup which separate them from men, and to change the features in the makeup of the sport which keeps them from enjoying it as equally. It provides the latest words from modern research in effective training, injury-prevention and all the special problems a woman runner faces. Several myths are exposed such as masculine-feminine, sexual problems, incompetence and fragile women myths while new facts replace them. References are listed of different books used in writing each chapter. Runner's Monthly Booklet Series.

Frederick, E. C. THE RUNNING BODY. Mountain View, Calif.: World Publications, 1973. (48pp.)

To understand the vast array of physiological adjustments the runners undergo in months of training and to realize the multitude of aches and pain they experience are the major topics of this booklet. Written in an understandable format it answers questions such as: What is fatigue? How does altitude training enhance performance? What causes cramping? How does carbohydrate-loading work? A list of suggested reading material is given along with the author's address for a more complete list of references. Runner's Monthly Booklet Series.

Gambetta, Vern. HURDLING AND STEEPLECHASING. Mountain
View, Calif.: World Publications, 1974. (48pp.)

These are the only truly "technical events" in running, and are given full in-depth coverage. It shows the beginning steps in running the steeplechase, how coaches can successfully teach their athletes and athletes how to teach themselves to run skillfully. Emphasis is on the training for technique and speed used by world class performers Rod Milburn, Willie Davenport and Ben Jipcho. The characteristics of a hurdler are listed with helpful flexibility exercises. A list of books and articles on hurdling are described. Runner's Monthly Booklet Series.

Gardner, James B. and Gerry J. Purdy. COMPUTERIZED
RUNNING TRAINING PROGRAMS. Los Altos, Calif.:
Tafnews Press, 1970. (258pp.)

This book contains a set of computerized timetables which indicate the speed (time) at which a runner should perform a given distance for a workout. In addition, it gives the number of repetitions and the approximate rest intervals that should be taken. Suggestions for joggers are given along with the basic concepts of training, factors in choosing a workout and a basic outline of a training program. A three-page bibliography is located in the middle of the text.

Gilmore, Haydn. JOG FOR YOUR LIFE. Grand Rapids, Mich.:
Zondervan Pub. House, 1974. (151pp.)

A basic book about jogging, giving an overview of the sport, benefits from it, basics of jogging, experiences some joggers have encountered, jogging in the mountains and the definition of the verb-"to run". This easy-to-read text has a religious overtone to it as it has a chapter on jogging and Christianity. Photographs of joggers can be found throughout the text.

GUIDE TO SPRINTING. Mountain View, Calif.: World
Publications, 1973. (64pp.)

This booklet is for the serious sprinter who seeks improvement where small errors can mean the difference between winning and losing. Top names in sprinting like Steve Williams, Benny Brown, and Valerie Borzov, and their coaches, share the secrets that have brought them to the top. Each component of sprinting is broken down and examined along with factors such as acceleration, absolute speed, speed endurance. The text is a collection of articles selected from various track and field publications. Runner's Monthly Booklet Series.

Hanle, Zack. JOGGING TO A NEW FIGURE. New York: Dell Publishing Co., 1968. (64pp.)

A small, inexpensive pamphlet telling the public all about jogging and how it benefits them. This easy-to-read booklet explains the why, who, when, and how much to jog, the do's and don'ts, jogging variations, warmups for beginners, indoor jogging, first aid, and how to cool off after a brisk run. A log to keep track of the mileage for twelve weeks is included with a chart to keep the body's measurements. A chart of what a person should weight according to his height is listed for reference.

Hannus, Matti. FINNISH RUNNING SECRETS. Mountain View, Calif.: World Publications, 1973. (96pp.)

A full examination of the methods and men that brought Finland back into the world leadership of distance running. It traces a proud and glorious heritage of international success in the 20's through the lean years of the 50's and 60's, into the return to glory in the 70's. Top stars of the present - Olympic winners Lasse Viren and Julia Vaatainer are profiled with the first accurate training schedules of these stars published in English. References of books used are located near the end of the text. Runner's Monthly Booklet Series.

Henderson, Joe. LONG SLOW DISTANCE - THE HUMANE WAY TO TRAIN. Los Altos, Calif.: Tafnews Press, 1969. (64pp.)

Long slow distance running is running a pace well within reach, then running all out for a while, and then returning to the previous pace. This book, unlike most dealing with training techniques, attempts to stay free of pot answers, follow-or-else rules and miracle-working schedules. It contains a simple report of experiences from which the reader can draw his own conclusions. Why runners should use this method is stated as well as who should use it and how much and how fast. The training programs of six runners who use LSD are given with their best times and statistics.

_______. ROAD RACERS AND THEIR TRAINING. Los Altos, Calif.: Tafnews Press, 1970. (96pp.)

This book contains sixty individual profiles of the world's leading road runners and how they train such as Tom Osler, Ted Corbitt, and Ken Moore. From these profiles, the runner can perhaps derive suggestions for his own training program. Each entry gives the person's name and background information, best times, description of training programs and an editor's comment on the runner. There are also comments on other runners young and old, injuries, boredom and its relief, advice to beginning runners, shoes, coaching, retirement and extra training. Out of print.

_______. RUN GENTLY, RUN LONG. Mountain View, Calif.: World Publications, 1974. (96pp.)

The author's running experiences have run from success to failure, ebullient fitness to shattering injury and hard interval training to moderate jogging. He brings the readers up-to-date on gently-paced distance running by alternating stories of his own experiences and the general principles underlying them. Racing success and how it can be achieved is discussed along with running longevity and how long it can last. Included is a list of references for more information on the text material along with some excellent illustrations. Runner's Monthly Booklet Series.

_______. THOUGHTS ON THE RUN. Mountain View, Calif.: Runner's World, 1970. (112pp.)

A collection of notes the author has taken from his running diary from the previous ten years. To pass the time while running, Henderson's mind traveled from one subject to the next - the rent, religion, the new girlfriend, etc. - and he jotted these down in the diary. Broken down into 164 different categories, these thoughts are arranged alphabetically and printed almost exactly as they were first written. The book provides entertainment to the reader and should stimulate the runner into thinking while running, and perhaps jot down his own ideas. Without getting too romantic, cynical, critical, or preacherish about it, Henderson brings out the basic thoughts about running: that it's simple, natural, free and fun.

Hessel, Del. STRIVING FOR PERFECTION IN MIDDLE DISTANCE RUNNING. Fort Collins, Calif.: Robinson Press, 1974. (64pp.)

A study guide on how to be a successful middle distance runner as written by a successful track coach. A history of past, present, and future running introduces the book which then tells of its popularity, what each runner must go through to be successful, the various methods of training and injuries and how to handle them. It gives the racing strategy for the middle distances using diagrams and how to run lap-by-lap races using five different tactics. The training programs, running strategy and philosophies of a dozen highly successful middle distance runners and coaches are examined also.

Higdon, Hal. ON THE RUN FROM DOGS AND PEOPLE. Chicago: Henry Regnery Co., 1971. (239pp.)

A lively and entertaining survey of distance running of clashing with cars, friends, neighbors, and especially policemen and dogs. The author explains why runners continue to run, seemingly oblivious to the mirth they give rise to, relentlessly secure and content in their rarefied world. These stories which have appeared earlier in various sporting magazines are partly autobiographical and partly purely narrative as Higdon has completed in the Olympic Trials and nine Boston Marathons. There are many anecdotes and insights on the problem of running with a special focus on the marathon.

Laird, Ron. COMPETITIVE RACE WALKING. Los Altos, Calif.: Tafnews Press, 1972. (64pp.)

This is the first American book on race walking training and techniques. It was written by an Olympic race walker and holder of fifty-six national championships. Laird explains legal technique, how to judge, how to train, mental and physical preparation, exercises, and conditioning. It contains many photographs of walkers of all age groups in action along with several pages of sequential shots showing the proper technique. There are also several lists giving Olympic winners and holders of the World and American indoor and outdoor records.

Leydig, Jack, ed. 1970 NORTHERN CALIFORNIA DISTANCE RUNNING ANNUAL. San Mateo, Calif.: West Valley Track Club, 1970. (80pp.)

An annual guide for members of the West Valley Track Club but which can also be of interest to runners from Northern California. It lists the 1970 PA-AAU cross country team, highlights of top races, winners of other races, list of top marathon times, top senior, age-group and women runners, the benefits of clubs, top high school and college runners, and an officials list. The 1971 running schedule is given along with the schedule of running clubs in Northern California and other important addresses.

Loader, W. R. SPRINTER. New York: Macmillan, 1961. (144pp.)

First published in England under the title TESTAMENT OF A RUNNER, this is the story of a boy's ambition to become a runner. This goal is very important to him and the book tells how he achieved it and how far he failed. He meets many characters driven by a similar urge and listens to their peculiar theories about how runners should follow his vocation. He sees runners are defeated more often than winning. So the question is what makes them keep on trying in the face of repeated failure. The answer he sees is that striving is good as a means of an end, and may even be better as an end in itself.

Lydiard, Arthur. ARTHUR LYDIARD'S RUNNING BIBLE. Tucson: United States Track and Field Federation, 1970. (66pp.)

A world famous track coach explains what training is all about, what types to use, how it should be done, and most importantly, why training is important for middle distance and long distance running. Schedules are prepared for marathon, cross country and the various events for ten-week training programs. Also, effort tables show what a person should be running at in quarter, half, three-quarter and full speed for each event.

_______. ARTHUR LYDIARD'S RUNNING TRAINING SCHEDULE. Los Altos, Calif.: Track & Field News, 1974. (20pp.)

After a brief discussion of conditioning and exercising, the book goes into how training programs should work, step-by-step instructions for running for strength and then using speed and hitting the peak when required. Diets and meals for race days are discussed along with preliminary road training before going into schedule training. Also included are effort tables that show quarter, half, three-quarter and full speed in each event. A training schedule is listed for use during the ten-weeks before meets and a training schedule for the marathon.

_______. JOGGING THE LYDIARD WAY. Tucson: United States Track and Field Federation, 1970. (22pp.)

Written by a famous New Zealand track coach, it speaks about the world of jogging. Lydiard relates how he started jogging, the purpose of it, the prevention of injuries, how to train athletes through jogging, the American jogging movement, hints on how to jog, and what happens to a person's body while jogging. After a discussion about anaerobics verses aerobics is a chart on how to benefit the most while jogging, the familiar effort charts, and exercises to prevent injuries.

MARATHON HANDBOOK, 1974. Mountain View, Calif.: World Publication, 1974. (103pp.)

An annual record on how marathons have steadily grown in the last decade. This booklet is the fifth annual edition and gives complete results and statistics from 1973 as well as profiles on the leading marathoners of that year. A calender of over one hundred races are listed and a map of the United States showing their location. Specific information about each race is given so readers can participate in these marathons. Records include all-time world and 1973 world bests and all-time and 1973 U.S. bests. There are also lists of records for Canada, Britain, women, and age-groups. Runner's Monthly Booklet Series.

McGuire, Frank. TRAINING FOR RACE WALKING. Los Altos, Calif.: Track & Field News, 1962. (23pp.)

This booklet contains the training secrets of many of the world's leading race walkers as well as important information on style training. Various forms of training such as interval, fartlek, running, and strolling are described as well as exercises, coaching, faults and how to correct them, pulse rate, dieting, and training in Russia. The training schedules of thirty-one top world walkers are given with some background information, best times, and personal beliefs about walking. Photographs of walkers using a sequence camera shows the proper technique. Charts show World and Olympic records and a list of books for further reading. Out of print.

McNeff, J. D. HIGH SCHOOL RUNNERS AND THEIR TRAINING PROGRAMS. Los Altos, Calif.: Tafnews Press, 1968. (128pp.)

Training schedules of older mature runners may not be satisfactory for high school runners. The author gathered the workout programs of the top high school runners in the country. These workout programs can be analyzed by younger runners who then get ideas for their own programs. Over one hundred prep stars training programs are arranged alphabetically with information of each one's high school, awards won, best high school times, height and weight, weight training, coach, and day-by-day workout schedules. Out of print.

Nelson, Cordner. THE MILER. New York: Phillips Pub., 1969. (158pp.)

A fictional story about a young man who contrates on becoming a great miler. He was always being questioned why he wasted his time training and running, and why he didn't devote his life to something worthwhile. However, he wanted his name placed among such famous milers as Snell, Ryan, and Bannister and liked to match his speed, endurance, and brains with the other runners. In a series of exciting races in high school and college, he fought to succeed, but for a champion there is never any ultimate success. Also, the girl he loved and daughter of the coach had other ideas so he has to try even harder and impress her. Makes for interesting reading.

_____ and Quercetani, Roberto. RUNNERS AND RACES: 1500M./MILE. Los Altos, Calif.: Tafnews Press, 1973. (326pp.)

This book is about the most important runners and the most exciting races in the history of the mile run and its metric equivalent - 1500 meters. The text is broken up into dozens of small chapters with each one telling about a different runner or race. It shows that no sooner is one great race ended than another begins to take shape for the future and one runner's career comes to an end while another is gaining strength. An all-time world list of the top milers is given, along with charts showing the fastest times each year, noteworthy indoor marks and the all-time combined list. The most comprehensive book for these events.

Newton, Joe and Schindle, Karl. THE LONG GREEN LINE-CHAMPIONSHIP HIGH SCHOOL CROSS COUNTRY. Oak Brook, Ill.: All-American Pub., 1969. (210pp.)

A guidebook in helping the coach and athlete establish an outstanding cross country program at the high school level. A collection of material of which one can find information on coaching, motivational aids, team organization, training schedules, tips on strategy, scoring, meet organization, random thoughts on running, audio-visual aids, medical forms, discipline, and getting athletes interested in running. There are charts for miles per hour, handicaps, pacing, potential charts, and a list of books and periodical on track and field along with numerous photographs.

NEW VIEWS OF SPEED TRAINING. Mountain View, Calif.: Runner's World Magazine, 1971. (48pp.)

This booklet takes a look at speed training with suggestions of practical ways of gaining speed and sharpness needed in racing, but without the drugery that too often accompanies fast training. Special attention is given to fartlek and interval speed training as practiced by some of the leading coaches the world over. A speedmark chart lists the various ways of gaining speed along with suggested total distances, number of repetitions, paces, and frequency of application. Another chart shows the anaerobic and aerobic effects upon a running program using the ten most popular training methods. Runner's Monthly Booklet Series.

O'Conner, W. Harold. MOTIVATION AND RACING TACTICS IN TRACK AND FIELD. West Nyack, N.Y.: Parker Pub., 1970. (222pp.)

Motivation must be treated differently for the various events and performers. The author shows how the athletes can be self-motivated while the coach gives inspirational motivation. It tells how individual motivation can take place for sprinters, hurdlers, distance running, and relays as well as weight men and jumpers. The coach is given motivation hints on how to prepare for special events, breaking losing streaks, preparing a team for championship meets, facing the opponents, and preparing athletes for adverse conditions.

OLYMPIC GAMES, 1972. Mountain View, Calif.: World Publication, 1972. (96pp.)

The most attractive coverage of the 1972 Olympics in Munich, West Germany. It gives complete results in track and field, plus stories on how the various competitions developed. Each event is reported in both mens and womens races with an account of the event, final results, and photographs of the top performers. Preliminary times are listed as well as the splits of the leaders, statistics on medal winners, and current Olympic records. There are stories on the top Finnish runners, problems the United States athletes faced, an athlete's view of the Games and trouble that Israel faced. Over eighty photographs captures the character, significance, color, and mood of this highly controversial Olympic contest. Runner's Monthly Booklet Series.

Osler, Tom. THE CONDITIONING OF DISTANCE RUNNERS. n.p.: n.n., 1967. (29pp.)

This booklet explains the art of distance training, which is just in its infancy. The various aspects of conditioning is described including examples on how to handle illnesses and injuries, the good and bad effects of slow continuous long runs, racing pace for long distances, and interval speed training. It then gives ideas on the application of training theory to a training schedule.

PRACTICAL RUNNING PSYCHOLOGY. Mountain View, Calif.: Runner's World Magazine, 1972. (48pp.)

Many studies have been done on running psychology and this author digests some of this material and presents it in a readable and practical form. Attention is given to the running mind and the running personality - those intriguing processes that makes a man his own best friend and his own toughest competitor. Other subjects include motivational forces, coping with success and failure, keeping interest up, and pain. A major contributor to this booklet is Dr. Thomas Tutko of San Jose State University who has studied the various traits of several thousand athletes. Runner's Monthly Booklet Series.

RACE PROMOTION. Mountain View, Calif.: World Publications, 1973. (32pp.)

The techniques listed here are the ones that help the officials operate best within the various limitations - runners, times, work and expenses. Based on competition-tested methods now being used by successful meet directors, this booklet can be used to promote a championship meet as well as a local get together. Described are the various types of races, preliminary details, publicity, equipment used, course preparation, awards, results, and race procedure. A meet director's responsibilities are listed along with a check list of items that can make the difference between a successful meet and an unorganized stampede. Runner's Monthly Booklet Series.

RACING TECHNIQUES. Mountain View, Calif.: Runner's World Magazine, 1971. (48pp.)

Focuses on how races are run and won - not just the training before and the statistics afterwards. Advice on tactics, pacing, optimum racing frequencies, and how to compare performances in different events are explained. It discusses the individual runner's times and how he can analyze, compare, and profit from them. Charts show how to compare a runner's time with the world's best runners while another gives the splits of the men's world outdoor recordholders. Can be of value by everyone from national championship rummers to twice-a-week joggers. Runner's Monthly Booklet Series.

Rohe, Fred. THE ZEN OF RUNNING. New York: Random House, 1974. (80pp.)

A book of poetry about running with excellent photographs showing runners and that part of nature seen only by these athletes.

Rosandich, Thomas, ed. OLYMPIA CROSS COUNTRY CLINIC NOTES. Upson, Wis.: Olympia Sport Publications, 1967. (120pp.)

Focuses on the how and why of cross country with the best material reported from the highly productive Olympia Cross Country Clinic of 1967. Every page has information for the coach and runner such as fartlek training and the use of cross country skiing to help conditioning. There are twenty-six different contributors from the United States coaching ranks telling about their training programs, tests used to select runners for their program, nutrition, organization, administration, and promotion of cross country running and training.

Ross, Wilbur L. THE HURDLER'S BIBLE. Arlington, Va.: Yates Printing, 1969. (117pp.)

The area of hurdling is covered by giving the athlete the ABC's on how to perform the sport, equipment, surfaces, exercises, the use of music in training hurdlers, weather and its effects, and the various styles used by hurdlers of different nations. Using a question and answer format in the text, top hurdlers express their views as to various aspects of technique and preditions of the future. Several charts show top performances and the winners of various races and the Olympic Games. A small bibliography lists other books on hurdling.

Rothenstein, Marvin. MILEAGE UNLIMITED. Los Altos, Calif.: Tafnews Press, 1972. (64pp.)

Rothenstein's second book on the day-to-day rigors of a 9,000 mile a year jogger. He runs a marathon a day and tells more stories about his running and what he has learned from it. Some of the items he discusses are how he finds time to run, money found along the way, cold weather, insects, places he has run, sweating, fatigue, food, running and religion, sleep, second wind, and several dozen other subjects. There are several photographs of Rothenstein in action and mileage charts showing his daily running performance.

________. THERE'S A HUMAN BEING IN THAT SWEAT SUIT. Los Altos, Calif.: Tafnews Press, 1969. (60pp.)

A personal memoir of a non-competitive jogger. There are fifty-one mini-chapters of advice and thoughts on how the author got interested in running, getting in shape, setting goals, mistakes made, eating, timing, pacing, recuperation, family running, injuries, dogs, getting started, and dressing for running. A daily mileage card for 1967 and 1968 are included. Out of print.

RUNNER'S ALMANAC, 1973. Mountain View, Calif.: World Publications, 1973. (112pp.)

An excellent reference booklet on racing with answers to many running questions. It includes sections on rules, records, clubs, colleges, distances, doctor's publications, and people in the sport. An annual book since 1972, it includes new material the other volumes do not contain such as a who's who, track terms, historical summaries, etc. Through his book, the reader will be able to locate races and other events as well as everything else he or she will need. An interesting book for every runner from the weekend jogger to the professional racer. Runner's Monthly Booklet Series.

RUNNERS TRAINING DIARY. Mountain View, Calif.: Runner's World Magazine, 1972. (96pp.)

A diary is an excellent motivational tool as it spurs the runner to train regularly. It can record the facts on workouts and show which methods did or did not work. There is enough room to put down daily workouts for a year plus an extra box at the end of seven days to wrap-up the week's work. There is space for the day and month, place and time of training or race, weather conditions, body weight, pulse rate, total and daily mileage, and other comments. There is also room to list all races the athletes perform in, a page of best times in each event ran, a metric converter, and a directory of racing terms.

RUNNER'S TRAINING GUIDE. Mountain View, Calif.: World Publications, 1973. (96pp.)

This booklet presents the answers to many a runner's and coach's dilemma: which training methods to employ for himself and/or his team. All known training methods are presented, with top athletes and leading coaches telling what works best for them and why. Three famous coaches and their methods receive special attention: Bowerman (holistic approach), Igoli (disciplinary approach), and Van Aaken (natural approach). The reader is free to choose for himself what method suits him best. Contains a glossary of training terms and a survey of training patterns. Runner's Monthly Booklet Series.

Runner's World eds. THE COMPLETE RUNNER. Mountain View, Calif.: World Publications, 1974. (387pp.)

One of the most complete and up-to-date books ever published on running. Its 387-pages cover every aspect of the sport with the latest in expert advice and opinion. There are sixty different articles on running philosophy, nutrition, training, promotion, teamwork, competition, exercise, techniques, footwear, lifestyle, environment, medicine, and psychology. There are also sections on questions and answers, articles from various running magazines, numerous photographs, and references at the end of each chapter.

RUNNER'S WORLD PICTORIAL, 1971. Mountain View, Calif.: Runner's World Magazine, 1971. (48pp.)

An excellent collection of the pictures that captured the 1971 action in all phases of the sport, presented in an artistic picture story form. All the big meets are pictured along with the top stars of the year such as Frank Shorter, Steve Prefontaine, and Jim Ryan. A special section is devoted to the steeplechase giving it an unusual pictorial look. Each photo is from half to two pages long and can easily be cut out and displayed on a bulletin board. The book has come out annually since 1971, each one with different photos and information. Makes for enjoyable reading by athletes, coaches and track fans.

RUNNING AFTER FORTY. Mountain View, Calif.: Runner's World Magazine, 1971. (36pp.)

A booklet for "over the hill" racers who run regularly in various competitions. An important medical analysis of the over-forty runners' physical makeup is followed by training and personality articles on twenty-one top veteran runners such as Bill Emmerton, Hal Higdon, John Kelly, Gred Gracee and 105-year-old marvel Larry Lewis. A section is devoted to World and United States records for senior runners divided up into the various decades from forty-years and older. Runner's Monthly Booklet Series.

RUNNING WITH THE ELEMENTS. Mountain View, Calif.: World Publications, 1974. (96pp.)

Besides inevitable fatigue and slight injuries, the runner also has to deal with elements beyond his control - heat, cold, wind, rain, snow, altitude, air pollution, and dogs. As a "guide to survival", the booklet tells how to adapt to these obstacles which may seem minor but can actually be ruinous to a running career. Practical tips are given for safe running each of the elements. It also points out the satisfaction which comes with accepting the environment on its own terms. The text is filled with charts of statistical information concerning climate and how to plot a route on maps. Runner's Monthly Booklet Series.

Ryan, Frank. SPRINT. New York: Viking Press, 1972. (49pp.)

Describes in detail the mechanics, conditioning, and training that makes up an effective short distance runner. It examines and explains all aspects of the best sprint techniques known and places special emphasis on the learning process. It also shows drills for developing high knee action, good foreleg extension, flexible ankle movement, and arm action. Points are described of the importance of relaxation in running competition, how to make up a workable training schedule, and the various features of sprinting. The Viking Library of Sports Skills.

Shepherd, Don. MY RUN ACROSS THE UNITED STATES. Los Altos, Calif.: Tafnews Press, 1970. (190pp.)

The story of a middle-aged runner from South Africa who made an incredible transamerican solo run in 1964. Shepherd tells how he prepared for the trip, his journey to America, and to the West Coast. Then he writes a detailed account of the problems he faced running from coast to coast, interesting sights he saw and people he met. A map shows the route the author ran while there are photographs of people the author met and sketches made of scenes he saw.

SHOES FOR RUNNERS. Mountain View, Calif.: World Publications, 1973. (80pp.)

This booklet features all types of running shoes for sprinting, distance running, and race walking. Besides the vital information on the shoes themselves - prices, sizes available, uses, weight, components, and user's comments - it includes practical advice for foot and shoe care. A list of terms on basic shoe anatomy is listed to give the runner an understanding of feet and the reasons why shoes help prevent injuries. A guide is provided to help the runner evaluate the best shoe for his own needs. Runner's Monthly Booklet Series.

Spino, Mike. POEMS OF A LONG DISTANCE RUNNER. San Francisco: Mike Spino, 1973. (48pp.)

A book of poems written by a long distance runner who has experienced the pain and joy of the quest for athletic experience. Some of his writings deal with the thoughts of a runner, pain, ten-mile races, running, ode to the athletic spine, the athletes dorm at the 1972 Olympic Trials, and the day after a race. Photographs show the author and several of his friends running at various scenic locations.

Squires, William. A GUIDE TO MIDDLE AND LONG DISTANCE TRAINING METHODS. n.p.: Bill Squires, n.d. (36pp.)

This guide talks about the past and present in middle and long distance running and how to prepare for excellent times in the future. There are lengthy profiles on top runners and coaches such as Paavo Nurmi, Franz Stampfl, Arthur Lydiard, Bill Bowerman, and others. A twelve-month development plan is included along with daily and monthly training and conditioning schedules. It tells how to run, what safeguards to look out for, clothing, weather, and a list of do's and don'ts. A short bibliography is located at the end of the text along with a list of work records in middle and long distance running.

Stiles, Maxwell. THE GREATEST SPRINTERS. Los Altos, Calif.: Track & Field News, n.d. (31pp.)

Contains a series of reprints of articles which appeared in TRACK NEWSLETTER from 1958-59. The world's 110 greatest sprinters are selected by a mathematical system first used in 1934 using factors such as speed, competitive ability, championships won, durability, and opportunity to prove one's greatness. Points are given from each of the above categories which are then added up for a grand total. Bobby Morrow, Ralph Metcalf, and Jesse Owens are listed as the top three sprinters.

Telford, John. THE LONGEST DASH. Los Altos, Calif.: Tafnews Press, 1971. (41pp.)

Written particularly for the quarter miler, this book gives both the fledgling and veteran runner new ideas, tips, and insights on every facet of the race. Personal accounts of the author's own races and track experiences plus those of other athletes are used to illustrate points made throughout the book. Chapters are devoted to pacing, dieting, training strategy, the mystique of runners, and why they run.

TIMING IN THE WORLD OF SPORTS. Los Angeles: Feldmar Watch Co., 1965. (28pp.)

Although published by an American stopwatch company, it describes the proper way to use stopwatches in the area of sports. It tells how to handle these "touchy" instruments, the problems the user may have, how to time events, and the proper care for longer use. Several different types of stopwatches are shown and the advantages and disadvantages of each.

Valentine, Kim. TEEN-AGE DISTANCE RUNNING. Los Altos, Calif.: Tafnews Press, 1973. (64pp.)

This book sets forth an approach to training to be used by young inexperienced runners as it emphasizes long running as opposed to interval training. The purpose is to serve the young individual in reaching a degree of self-fulfillment while minimizing dangerous strain or fatigue. The theory behind pacing, speed, distance training, and running in the different seasons is described along with injuries, equipment, racing tactics, and competition. It gives a weekly training schedule for running and a chapter on how to use these schedules.

THE VARIED WORLD OF CROSS COUNTRY. Mountain View, Calif.: Runner's World, 1972. (48pp.)

Cross country is shown for what it is: an event of unique simplicity, challenges, beauty, and variety. Suggestions are given for protecting and promoting the sport as well as guidelines for building its status as an international event. A section on marathoning around the world describes some of the most popular courses and gives biographies of several of the top runners, specialized techniques, and training tips from top coaches are related as well as the future of the sport. Runner's Monthly Booklet Series.

Vick, Robert E. LET THE GIRLS RUN. Fort Worth, Texas: Little Printing Co., 1974. (21pp.)

This book is not intended to be a technical manuel on girls track but rather a general, philosophical approach to the motivation and coaching of girls interested in track and field. Written for the newly appointed track coach, it tells of the advantages of running, objectives of coaching, how to motivate runners, prevention of injuries, warming up, conditioning, placing athletes in different events, relays, and reducing runner turnover. The text is written by a girls track coach and it provides ideas behind each reason.

Williams, Gar. THE ROAD RUNNERS CLUB HANDBOOK. Vienna, Va.: Road Runners Club of America, 1974. (192pp.)

A handbook to administration for a local chapter of the Road Runners Club of America (RRCA). It tells how to form and manage a club, planning the running program, gives a history of the RRCA, tips of conducting running and jogging events, and a roster of current RRCA clubs. Examples of publicity for races, exemption sheets for the IRS, sample constitutions, and point tables for running are given for reference.

Wilt, Fred, ed. HOW THEY TRAIN: LONG DISTANCES. Los Altos, Calif.: Track & Field News, 1973. (126pp.)

A selection of sixty profiles of the top long distance runners of today and yesterdays so that the readers can check the various training methods, among them Gerry Lindgren, Frank Shorter, and Paavo Nurmi. Under each entry is the runners name, personal statistics, best marks, pre-race warmups, awards, pre-training, summer and winter training schedules, and quotes by the runners. There are also articles about the fundamental movements found in running, recent trends in training and the development of training methods in distance running. There are two other volumes in the series, one on middle distances and one on sprinting and hurdling.

_______. HOW THEY TRAIN: MIDDLE DISTANCE. Los Altos, Calif.: Track & Field News, 1973. (126pp.)

Includes the profiles of sixty-seven half-milers and milers past and present so that the readers can see the various training methods used. Included among the entries are Dave Wottle, Tom Courtney, Kip Keino, and Roger Bannister. There are definitions of the basic training terminology and the various types of training: sprint, interval, slow interval, fast interval, repetition, fartlek, interval sprinting, accelerating sprinting, hollow sprints, continuous slow running and continuous fast running. Besides a short bibliography of books are sketches and photos of the runners and several charts.

________. HOW THEY TRAIN: SPRINTING AND HURDLING. Los Altos, Calif.: Track & Field News, 1973. (96pp.)

Sprinters such as Valeriy Borzov and Bobby Morrow and hurdlers Glen Davis and Ralph Mann are profiled so the readers can compare the various training methods used by these stars. There are thirty-one profiles on top sprinters and twenty for hurdlers along with photographs and interesting highlights. A reference chart for hurdlers are included along with methods of teaching youngsters to hurdle and step-by-step techniques on the sport. For sprinters there is a training article and notes on sprinting.

________. RUN, RUN, RUN. Los Altos, Calif.: Tafnews Press, 1964. (282pp.)

One of the most useful books ever on running training. All training methods, theory, tactics, warmup, and pace from sprinting through marathon are explored. There are thirty-eight different articles from noted coaches and track specialists. Training methods from New Zealand, Australia, United States, Britain, Poland, and Yugoslavia are listed along with definitions of racing terms, teaching youngsters, and also experienced runners.

Winter, Lloyd C. THE JET SPRINT RELAY PASS. San Jose, Calif.: Winter Enterprises, 1964. (38pp.)

The jet sprint relay pass is a new technique designed by former San Jose State University track coach "Bud" Winter. It incorporates the Russian pickup, English getaway, American sprint form, and German verbals. This new sprint pass is shown step-by-step along side the old traditional pass for comparison. It tells what to look for in positioning the runners, training schedules, exercises, and fundamentals to look for in various drills.

_______. THE ROCKET SPRINT START. San Jose, Calif.: Winter Enterprises, 1964. (24pp.)

An invention of "Bud" Winter, the rocket sprint start is broken into several segments and explained in every detail. This new start is placed on the pages next to the orthodox style so that they can easily be compared from the starting command through the pick-up. To further the discussion, an analysis of the new start is given, and the reason why and how it should be performed. To further illustrate those points made, photographs of Ray Norton of the United States (using the rocket sprint start) and Armon Hary of Germany (with the orthodox method) compare these various starts.

_______. SO YOU WANT TO BE A SPRINTER. San Jose, Calif.: Winter Enterprises, 1973. (69pp.)

The author describes how to be a sprinter and gives a pep talk on what it takes to be a champion. Each fundamental step of sprinting is given from start to finish. Included is a list of do's and don't, exercises, a monthly training schedule, progress charts of former top SJSU sprinters and their times difference made between their high school and college personal bests. The text is filled with many illustrations highlighting various points to be made. Recommended for the high school or college sprinter or potential athlete. Second edition.

Woodall, M. Thomas. RUN FOR YOUR LIFE. Charleston, Ill.: Eastern Illinois University, 1967. (26pp.)

A running program for adults is discussed on how to lose weight. It talks about the national Run For Your Life (RFYL) program, its benefits, workouts, and described the Charleston, Illinois program in detail. Facts about coronary heart are related along with popular forms of physical activities for adults, a glossary of jogging terms, questions and answers, injuries, rate of progress, other exercises, and even pace running. Included is a pace chart and jogging and walking workout sheets.

THE YOUNG RUNNER. Mountain View, Calif.: World Publications, 1973. (48pp.)

An indepth look at what running - from sprinting to ultra-marathoning - is doing to the runners under the age of twenty who are taking it seriously. The question raised is should these children seek it and if so, what are the side-effects of this kind of running on growing bodies and minds? It also examines how these juniors are coached, the organization of the sports for them, and how they react physically and emotionally to the new opportunities and pressures running puts on them. Good reading for the parent and coach of any young running prodigy. Runner's World Monthly Series.

Field Events

Caldwell, Bruce. THE ELUSIVE BAR. Kansas City: The Elusive Bar, 1974. (80pp.)

Because of the lack of knowledge of the pole vault, some vaulters practice dangerous and misleading concepts. So this book shows numerous photographs to establish good form through visual aids. It also includes interviews with nineteen top vaulters with questions on how they perform their event step-by-step while several photographs of these vaulters demonstrate the correct action. A progression chart shows the best heights these athletes leaped each year while performing and another lists gives the top vaults for age groups, different poles, etc. Second edition.

Connolly, Harold. THE HAMMER THROW. Los Angeles: Amateur Athletic Union, 1961. (58pp.)

The basics of American hammer throwing are described by United States Olympic champion Harold Connolly. The first part presents all the important positions of a 204-foot complete throw through the use of the text and drawings. The throw can then be put in motion by flipping the pages - both side and top views. On the reverse side is presented significant positions of a 225-foot throw for study by a more experienced thrower. A list of pointers to remember are included as well as exercises, warmups, and the progression of the world's record. Out of print.

Falk, Bill. TAKING THE MYSTERY OUT OF FIBERGLASS POLE VAULTING. Providence, R.I.: Bill Falk, 1972. (31pp.)

This book shows a break-down of the pole vault into a series of specific steps so that they can be easily understood and analyzed. These steps include the selection of poles, grip and pole carry, the approach, plant, takeoff, swing, rock-back, pull-turn, and fly-away. With this text the pole vaulter can read it and then vault. His coach, meanwhile, can compare the athlete's style with the book by looking at the photographs of the correct and incorrect methods. Other material includes a checklist of thirty-two items which must be done in order to have a perfect vault, some do's and don'ts and a diagram of the total vault.

Felton, Sam and Gabor Simonyi. MODERN HAMMER TECHNIQUE. Rosemont, Pa.: San Felton, 1968. (46pp.)

This guide is for hammer throwers without coaches and for coaches taking up the event for the first time. It is divided up into the overall concept of the event and then breaks it down into the various parts. The concepts such as speed, power, and angle of release are defined and explained how they give an athlete a good or bad performance. A list of training aids are listed as well as a small bibliography of books and magazines on the subject. Also included are charts of statistics on the hammer throw and sequential photos of top hammer throwers in action. Out of print.

Ganslen, Richard V. AERODYNAMICS OF JAVELIN FLIGHT. Fayetteville, Ark.: University of Arkansas, 1960. (74pp.)

Contains most of the pertinent correspondence which reflects the development of the idea for a study of javelin aerodynamics. This text examines those circumstances which resulted in the improvement of the world's record by more than twenty-five feet in seven years. Data is presented along with results and discussion such as what makes up a javelin, how it works when thrown, the drag problem, and recommendations for further research. A bibliography of material is included in the text along with letters that the author sent and received from specialists in the field.

________. MECHANICS OF THE POLE VAULT. Denton, Texas: Swift, 1973. (167pp.)

A practical book for aspiring pole vaulters as it tells how to vault going through the steps, detail-by-detail. This eighth edition gives the do's and don'ts, training hints, the application of moment of inertia principles, and the history of modern pole vaulting. A survey of the world's top thirty vaulters give answers to a dozen important questions pertaining to vaulting. There are many sequential photos of the champions such as Isaksson, Johnson, Smith, Seagren, and others. Statistics take up a good section with age records, all-time bests for various poles and time periods, and all vaults over eighteen-feet. A bibliography of articles on pole vaulting appears at the end of the text. Eighth edition.

Olsen, Tom. VAULTING HANDBOOK. Salina, Kansas: Thermo-Flex Inc., 1966. (36pp.)

Written by one of the world's leading authorities on fiberglass vaulting, this booklet has helped many beginners learn to vault. It shows how to properly vault in ten easy steps, care for the pole, drills to add jumping height, a guide to get the maximum safe bend in the pole, questions and answers about vaulting and special tips. This easy to read guide also included sequential photographs of vaulters performing their event. A dial-a-pole guide shows the proper size pole for vaulters to use depending upon their height and weight.

Ryan, Frank. HIGH JUMP. New York: Viking Press, 1969. (62pp.)

A noted coach provides a solid presentation of high jumping, technique, conditioning, strength, exercises, equipment, coaching, and the various methods of leaping over the bar. He begins with the most elementary steps in the high jump and proceeds to advanced seven-foot jumping. Written for the beginning youngster in mind, this book contains many sequential photographs of high jumpers in action.

_______. POLE VAULT. New York: Viking Press, 1971. (51pp.)

The technique of learning to pole vault is probably the most demanding and complex event in all track and field. The author describes how a youngster can get started, facilities to use, conditioning, exercises, training techniques, demands of being a vaulter are examined such as strength, speed, agility, height, and mental or personality factors. Ryan discusses the questions involved in the development and use of the bamboo, mental, and fiberglass poles and their advantages and disadvantages. Photographs show the proper method in pole vaulting.

Wilt, Fred, ed. THE JUMPS - CONTEMPORARY THEORY, TECHNIQUE AND TRAINING. Los Altos, Calif.: Tafnews Press, 1972. (160pp.)

An indepth survey of modern training and technique for the four jumping events. The pole vault, high jump, long jump, and triple jump are covered in this collection of the best articles, first time translations of foreign articles and materials never before published in any language. For each event, an attempt is made to offer various types of articles, from general and even historical reviews of techniques and training matters to contributions on a single specific important aspect of a jumping event. There are eight to ten articles for each jump extracted from sixteen American and foreign publications.

_______. THE THROWS - CONTEMPORARY THEORY, TECHNIQUE AND TRAINING. Los Altos, Calif.: Tafnews Press, 1974. (160pp.)

This book contains a cross-section of modern theory and progress in the technique and training of the four throwing events in track and field - shot put, discus, hammer throw, and javelin. There is a large volume of material on this subject but most is not accessible to the coach and athlete. So those works that are the most important are brought together with a number of articles translated into English for the first time. Different shades of opinion and changes in theory are presented. There are a half-dozen articles for each throw taken from eleven periodicals.

Winter, Lloyd C. SO YOU WANT TO BE A HIGH JUMPER. San Francisco: Fearson Publishers, 1960. (68pp.)

A simple and concise way to teach the high jump to beginners. Written by former SJSU track coach "Bud" Winter, the text uses detailed line drawings so that it can be understood by non-readers and foreign track coaches and athletes. The basics of high jumping are demonstrated including the approach, take-off, western roll, straddle roll, the do's and don'ts, and teaching youngsters how to jump. A daily training schedule for the year, complete with exercises and training techniques are outlined along with various types of workouts.

All Events

Amateur Athletic Union. THE AAU OFFICIAL 1974-75 TRACK AND FIELD ADDENDUM. Indianapolis: Amateur Athletic Union, 1974. (50pp.)

This book is a yearly addition to the AAU handbook pertaining only to track and field. It lists the 1974 rule changes for mens, womens, masters, race walking, and long distance events. There is also an official list of world track and field records, indoor and outdoor records, noteworthy track performances, junior, and senior records. Recommended for track coaches, officials, and athletes who perform in AAU meets.

Anderson, Bob and Joe Henderson. 1972 RUNNER'S WORLD OLYMPIC TOUR. Mountain View, Calif.: Runner's World Magazine, 1972. (22pp.)

Over seventy people went on the Runner's World Olympic Tour in 1972 to Munich, West Germany and this is a look at what happened on their trip from beginning to end. There are anecdotes of situations that the members got into which are both good and bad and several of them are retold. A description of the races the members participated in are explored along with the accommadations, people met, and viewing the Olympics. There are comments from the tour members as well as a complete roster of them to use for further correspondence. Photographs show many of the highlights of the trip.

Atkinson, Hugh. THE GAMES. New York: Bantom Books, 1968. (406pp.)

A novel that explores various aspects of one of the most exciting events - the Olympics - as seen by American, English, and Australian marathoner runners. It tells about the athletes - their secret motives and intimate desires; the trainers and backers; the beautiful young girls and ambitious and scheming women; the parties; the scandals; and the powerful political forces who manipulate the lives of men and nations.

Bennett, Thomas C. THE 20TH CENTURY TRACK. Madison, Wis.: University of Wisconsin, 1963. (79pp.)

All-weather tracks are becoming the thing of the future so it is appropriate there should be a book on the subject. The advantages of this type of track are discussed along with chapters on the preliminary considerations that have to be made, actual construction of the surface, the costs of the various tracks, construction of field event areas, and the contents of a track. Construction specifications of four major brands of all-surface tracks and diagrams of several high schools and university track surfaces now in use.

BEST IN TRACK AND FIELD FROM SCHOLASTIC COACH, THE. New York: Scholastic Coach Athletic Services, 1970. (127pp.)

Contains a collection of sixteen of the best articles from the four decades that Scholastic Coach has been published. Articles are written by top track coaches and writers such as Dr. Frank Ryan, W. Harold O'Conner, Julian U. Stein, etc. These articles usually give step-by-step techniques on how to perform in an event, various training methods, and training schedules. There are also sequential photographs of performers in action.

BEST OF TRACK NEWSLETTER - VOL. 9. Los Altos, Calif.: Track & Field News, 1963. (31pp.)

Filled with interesting stories on track and field as appeared in volume nine of Track Newsletter from August 1962 to July 1963. There are stories on Randy Matson, Paavo Nurmi, and Peter Snell; results of top meets; list of marathons run; experiments which have been performed, diary of a coach; top high school athletes; and interviews with outstanding runners. This book is of historical value and can be enjoyed by all athletes, coaches, and track fans. Out of print.

Bowerman, William J. and William Freeman. COACHING TRACK AND FIELD. Boston: Houghton Miffin, 1974. (396pp.)

Written for the teacher-coach who lacks experience in training athletes in a particular event or events and the athlete who has no knowledgeable coach and limited personal training experience. It is devoted to the "how to train" rather than the "why to train". It lists coaching aids, organization, and administering competitions, locating prospective people in track classes, and even describing the various events in the decathlon. Contains an excellent bibliography of three hundred to four hundred articles and books; they are located at the end of each article instead of together at the end of the book. There are also excellent sequential photographs of athletes in action.

BY-LINE 1969. Los Altos, Calif.: Tafnews Press, 1969. (96pp.)

A collection of articles on a variety of track and field subjects written in 1969 by the world's leading magazine and newspaper track journalists. This book is believed to represent the first effort to reprint a series of noteworthy writing of the sport from journals, which most fans would not normally read. There are stories about such athletes as John Carlos, Bob Beamon and Bill Toomey. A special section of eleven articles of Jim Ryun relates his running experiences. Out of print.

Calish, Richard and Lester C. Wallack. TEACHING TRACK AND FIELD. Danville, Ill.: The Interstate, 1960. (11pp.)

A guide for the high school coach in teaching the fundamental skills, conditioning and, motivation of his athletes. Besides the step-by-step technique of performing each event are a list of the common faults and remedies, special exercises, suggestions for improvement, and confidence in performing. Detailed attention is given to the pole vault, shot put, and discus. Rounding out the book are photos of athletes and a training schedule.

Cooper, John. BEGINNING TRACK AND FIELD. Belmont, Calif.: Wadsworth Publishers, 1969. (60pp.)

All events of track and field are covered for the young reader. Training is discussed, hints on how to prepare for special events, rules, a glossary of terms, a true-false test to evaluate the comprehension of the text, the history of the sport, measurements, equipment used, and spacing of the hurdles are related. Included is a bibliography of track and field books. Wadsworth Sports Skills Series.

_______, James Lavery, and William Perrin. TRACK AND FIELD FOR COACH AND ATHLETE. Englewood Cliffs, N.J.: Prentice-Hall, 1970. (270pp.)

Unlike most technique books, this one is designed for use by athletes and coaches already versed in the events of track and field, but could also be used for beginners. Careful analysis of the action of top performers including sequence illustrations, sample workout schedules, presentation of the best known ways of performance, and research findings are included in the body of the book. There is an extensive bibliography of books, periodicals, and research articles on track and field.

Cretzmeyer, Francis X., Louis E. Alley, and Charles M. Tipton. BRESNAHAN AND TUTTLE'S TRACK AND FIELD ATHLETES. St. Louis: Mosby, 1969. (317pp.)

An excellent overall view of track and field for the potential coach or interested fan as it lists the latest methods of instruction. This seventh edition describes preliminary season preparation, contributions of experimental research, track meet operation, step-by-step instructions for each event, and officials duties. A very extensive glossary of terms is located in the back of the text along with a bibliography of books and periodicals.

Crowe, Dan. WHIZ WHEELS AND A CAT CALLED QUICK. Johnson City, Tenn.: Don and Mignon, 1974. (48pp.)

A book of eighteen poems on the subject of track and field. These poems cover almost every event and are short, humorous, and have a meaning. Some of the poems are titled: "Challenge at the Bar," "The Shot Putter," "The Loser," "The Lap Counter," "A Coach Remembers," "Conversation with the Little Dropped Baton," and "Birth of an Olympic Runner." All the artwork is illustrated by the author's former runners. These illustrations give various interpretations to the text and use many special effects.

Doherty, J. Ken. MODERN TRACK AND FIELD. Englewood Cliffs, N.J.: Prentice-Hall, 1963. (557pp.)

A classic of track and field technical literature. The author gives a thorough study of a wide variety of methods, explaining their strength and weaknesses. Each event has a separate chapter giving some of its history, essential of correct form, common faults, practicing, and other important questions and answers. There are also sections on the Olympic Games, organization of track and field, and principals of sound field event coaching and training. Included are charts of a metric conversion chart, and a list of recommended books, guides, and periodicals. Out of print.

_______. TRACK AND FIELD OMNIBOOK. Swarthmore, Penn.: Tafmop Publishers, 1971. (486pp.)

A comprehensive guide to modern coaching theories and techniques. It incorporates all of the great sequence drawings the author's first book TRACK AND FIELD MOVIES ON PAPER and adds many new ones. It describes how to coach field events and endurance runners, the psychology of coaching and leadership, weight, and power training for each event grouping, and quotes from top athletes. There are many good illustrations with a great variety from all over the world. An extensive six-page bibliography of books on all aspects of track and field is found at the end of the text. Recommended highly.

Durant, John. HIGHLIGHTS OF THE OLYMPICS. New York: Hasting House, 1961. (160pp.)

In each Olympiad, a few athletes have stood out, and it is those people whom the author describes and tells of their achievements. Some of these are Jim Thorpe, Robert Mathis, and Paavo Nurmi among others. There is a summary about the ancient games, how the modern games were revived, and a description about each of the Olympics. Game facts and tales about the Olympics such as the rings, amateurism, and making the team are described. A metric distance conversion table is listed with a chart of Olympic records. Out of print.

Dyson, Geoffrey. THE MECHANICS OF ATHLETICS. New York: Dover Press, 1970. (229pp.)

A knowledge of the mechanics of human motion is vital to coaches if they want the athletes to achieve winning performances. The explanation of mechanics in this book can be understood with only an elementary knowledge of physics and the emphasis throughout it is on practical application. The first section defines and explains fundamental mechanical principles with illustrations from everyday sporting experiences. The second part analyses the techniques of track and field events in the light of these mechanical principles. Contains an excellent bibliography of books on the subject. Fifth edition.

Ecker, Tom. CHAMPIONSHIP TRACK AND FIELD. Englewood Cliffs, N.J.: Prentice-Hall Inc., 1961. (204pp.)

Twelve of the most successful track coaches in America give their time-tested coaching methods in this book. For each event is a summary page of the coach writing the article and then how to perform the various motions, physical qualifications, training programs, workouts, and conditioning. Some of the coaches who wrote chapters were F. X. Cretzmeyer, Ed Flanagan, and Brutus Hamilton among others. In the appendix are articles on muscles, strength, and resistance exercises for track and field. There are sequential photographs of performers in action so that the viewer can see the proper technique.

_______. TRACK AND FIELD DYNAMICS. Los Altos, Calif.: Tafnews Press, 1974. (112pp.)

Included here are the laws and principles that relate directly to track and field coaching. Those concepts include such items as motion, center of mass, curves of flight, axes, momentum, inertia, conservation of rotary momentum, turns from the ground and air, falling bodies, etc. There are chapters for each new concept each of which is easy to understand. A glossary of terms gives sentence summaries of concepts used in the book as well as a short bibliography of books. Second edition.

_______ and Fred Wilt. ILLUSTRATED GUIDE TO OLYMPIC TRACK AND FIELD TECHNIQUES. West Nyack, N.Y.: Parker Pub., 1966. (256pp.)

Coaches spend many hours analyzing slow motion film loops in an attempt to determine what the best techniques might be so their athletes can duplicate them. So with this in mind, the authors collected the best photographs of some of the top Olympians of recent years. Each of these series of photos are in sequential order and are analyzed by a recognized authority who specializes in the particular event dipicted. Athletes photographs include Ralph Boston, Bob Hayes, Peter Snell, Randy Matson, etc.

_______, and Jim Hay. OLYMPIC TRACK AND FIELD TECHNIQUES. West Nyack, N.Y.: Parker Pub., 1974. (220pp.)

Over twenty-five coaches from around the world have contributed to this compilation of championship techniques. Here in full sequential photographs are all the winning moves, the training methods, the analysis of world class athletes, men and women who won over thirty gold medals at the 1972 Games in Munich, West Germany. Some of these athletes include Dave Wottle, Frank Shorter, Wolfgang Nordwig, and Heide Rosendahl. Each athlete is carefully examined and evaluated on their performances. It provides an indepth, step-by-step analysis of both the "who" and the "why" of each athlete's championship techniques. These photographs were taken by the official IAAF photographer.

Foreman, Kenneth E. and Virginia M. Husted. TRACK AND FIELD. New York: Wm. C. Brown, 1966. (72pp.)

This book is for teachers and coaches of track and field for girls. Besides giving the many techniques of the various events, it explains the principles of the sport, and how to teach track for better performances. Conditioning is discussed as well as planning and conducting a track meet, the mechanical principles, motor learning and motor performances. For each event, it gives performance tips, training schedules, teaching the event, and common errors made. There is also a glossary of terms and a bibliography of selected terms.

Fraley, Jim. THE YOUNG SPORTSMAN'S GUIDE TO TRACK AND FIELD. New York: Thomas Nelson & Sons, 1964. (95pp.)

This book was written to give an enthusiastic approach to track in grade school, junior high, and senior high school levels. It is meant to encourage everybody, big and small, to participate in track which will give him a healthy atmosphere under which to grow up. It gives a brief history of track and explains why it is popular. There is a chapter for each event giving step-by-step directions and what each person should achieve. A short bibliography of track books for youngsters is listed with the future outlook on track.

Gordon, James A. TRACK AND FIELD. Boston: Allyn Bacon Inc., 1966. (221pp.)

This book documents some of the changes that have occurred in track and field techniques and in the methods of coaching. It is written for both the coach and contestant and is designed as a series of instructional units. Separate chapters are written for each event giving step-by-step instructions, training, and how to teach the beginners. Included are sections on organizing and training program, program foundations, and training in general. Several illustrations show the various techniques.

GREAT MOMENTS IN TRACK AND FIELD. Los Altos, Calif.: Track & Field News, 1966. (61pp.)

A compilation of the greatest moments in track and field as taken from the pages of Track and Field News from 1948-1959. These articles are in chronological order with the date the stories were published. They appear exactly as they were printed in replica form in the magazine illustrating the various type faces and styles used. There are stories on Bob Mathias, Olympic victory in the decathlon, and Roger Bannister's "Miracle Mile." Besides reporting on top individual world-record shattering events are articles on meet championships, world-record reviews, and time comparisons of top performers.

Higdon, Hal. THE ELECTRONIC OLYMPICS. New York: Holt, Rinehart and Winston, 1971. (106pp.)

Humorous story about a computer judging the events at Olympic Games and how a sports photographer tries to clog up its gears. Eventually, the photographers and his friend outsmart "SPEED" the computer, help the local police to victory in a special event called orienteering, and rescue a championship girl diver in distress. Easy to read and understand.

Hildreth, Peter. HOW TO TRAIN FOR TRACK AND FIELD. New York: ARC Books, 1963. (160pp.)

This is a complete handbook for all forms of track and field athletics, with history and background of each event, lists of former champions, times, recommended training schedules, exercises and techniques. Written by a former Olympian, it included diet, injuries, health, specialization of events, approach, and training of athletes. Besides photographs of top athletes in action, it includes separate lists for names and events.

Jackson, Nell C. TRACK AND FIELD FOR GIRLS AND WOMEN. Minneapolis: Burgess Publishers, 1968. (143pp.)

This book was written with the idea of helping the physical education teacher and the young athlete understand the mechanics of track and field. The major areas of running, jumping, and throwing are analyzed by illustrating and explaining the mechanical principles involved in the various movements. This is followed by a logical sequence of progression which may be used as a guide in teaching the individual skills in a class situation as well as in a competitive situation. There is a short bibliography of books at the end of each chapter.

Jokl, Ernst and Peter Jokl, eds. THE PHYSIOLOGICAL BASIS ATHLETIC RECORDS. Springfield, Ill.: Charles C. Thomas Pub., 1968. (147pp.)

In this book are the causes of the steady advancement during the part hundred years of all athletic records, role of morphological and functional determinants of maximal performances in sport, hereditary basis of physical efficiency, modification of physical efficiency through environmental influence with special reference to altitude, personality structure of championship athletes, athletic status of women, acquisition of skill, and the statistical interpretation of performance predictions. There are three pages of references of material used in compiling this book.

Jordan, Payton. TRACK AND FIELD FOR BOYS. Chicago: Follett Publishers, 1960. (128pp.)

Written by the head track and field coach at Stanford University, this book provides instructions on the fundamentals of fourteen track and field events. There are also sections on diet, body care, and mental attitudes. Located throughout the book are "skull sessions" where Jordan gives hints on how to be a successful track star. A history of the author is given in the forward while photographs help illustrate the various techniques. All-Star Sports Book Series.

________ and Marshall K. McClelland. HOW TO BUILD YOUR OWN TRACK AND FIELD EQUIPMENT, 1960. (16pp.)

This book gives hints and ideas for building inexpensive track and field equipment. The author relates some of the ideas he used as a child and with McClelland, they designed, tested, and approved equipment described in the book. Most pieces can be put together in a matter of hours or even minutes using wood, broom handles, tape measures, etc. Various types of equipment are shot put, discus, javelin, pole vault, high jump, hurdles, starting blocks, and lines. There are also hints on safety while making the equipment. All-Star Sports Book Series.

________ and Bud Spencer. CHAMPIONS IN THE MAKING. Englewood Cliffs, N.J.: Prentice-Hall Inc., 1968. (280pp.)

This book spells out in words, opinions, and ancedotes the mechanics and conditioning fundamentals essential to the skills of track and field performers. Step-by-step techniques for each of the various events are given along with the basic warmup drills and weight training. Most of the ideas come from Dean Cromwell and Dink Templeton, two of Stanford University's greatest track coaches. Contains quotes pertaining to each event by world record holders, comments on various "secrets" they learned or taught themselves, and the certain "feel" that lifted them above average performers to the levels of champions.

Kennedy, Robert E. TRACK AND FIELD FOR COLLEGE MEN. Philadelphia: W. B. Saunders, 1970. (122pp.)

A supplement to what a college track coach uses to teach and is useful for physical education majors who wish to learn the various training methods. There is a brief description for each event and equipment used. With the use of illustrations, the reader is taught the correct technique of performing it and drills. A glossary gives definitions to words used frequently in track. Also a special chapter on conditioning is given. Includes a one-page annotated bibliography of books, periodicals, rule, and record books. Saunders Physical Activities Series.

Kring, Ray F. COMPLETE GUIDE TO HIGH SCHOOL TRACK AND FIELD COACHING. West Nyack, N.Y.: Parker Publishers, 1968. (235pp.)

Provides high school track coaches with answers to their questions about how to produce a winning team; getting the most out of what they have; and how and where to find prospective athletes. It gives hints on how to coach each of the various events, selling the program, making their own track equipment and putting on a meet. It includes high school stars of the past, exercises, training schedules, questions and answers, etc. There is a list of high school records and the progression of these records for each event.

Meyer, Catherine D., ed. AAU TRACK AND FIELD HANDBOOK. Indianapolis: Amateur Athletic Union, 1974. (286pp.)

An annual handbook for AAU track officials and sports writers. All world, national, and United States championship records and summaries are listed for the past and previous years. There is a calender of all AAU events for the year and photos of AAU officers and committee members. A large section of the book is devoted for AAU rules meet proceedings and equipment specifications for mens and womens events as well as track and field rule changes. There are suggestions on how to organize and promote a track meet, the different aspects that must be considered, and on amateurism.

Miller, Kenneth D. TRACK AND FIELD FOR GIRLS. New York: Ronald Press, 1964. (117pp.)

A general book of how girls can successfully perform the various track and field events. For each event is a separate chapter with each one giving the background of the sport, the nature of the event, and the technique in performing it. There is a lengthy chapter on the history of women's track and field in the 1900's complete with names and times of top performers. Included are also sections on conditioning and training. A list of selected references are listed and photographs of various champions in action are shown.

Myers, Earl and Rich Hacker. TRACK AND FIELD. Mankoto, Minn.: Creative Educational Inc., 1969. (256pp.)

This book is for use by students who have the inherent desire to engage in track and field activities on an intramural basis and for others who are required to teach the sport, although their training has been limited. An introduction tells how track and field began along with rules of the sport, fundamental growth of track and field in the United States, biographies of top performers, U.S. participation in the Olympics and a glossary of terms. There is a bibliography of track and field books and half to full-page sequential photographs. Creative Sports Series.

Norman, Richard. TRACK AND FIELD EQUIPMENT. Rochester, Minn.: Richard Norman, 1971. (12pp.)

Because track is a low budget sport in the high school, it is not easy to order every item of equipment desired. So this book describes some equipment made and tested by an actual high school. Through the use of photographs and cutlines, equipment such as vaulting boxes and starting blocks are shown. Other items include a "stomper" to set blocks into the track, a scoring table, starting and finishing posts, judges benches, shot put pits, etc. Most of this equipment can be put together in just a few hours by any athlete.

O'Conner, W. Harold. COACHES GUIDE TO WINNING HIGH SCHOOL TRACK AND FIELD. West Nyack, N.Y.: Parker Pub., 1965. (236pp.)

A guide to inform the coach on what it takes to put together a winning high school team. There are chapters for each group of events giving the various techniques, weight training, how to select prospective students, typical work programs, and coaching beginners. There are pointers for progress, how to scout the opponents, beginning a program, and high school coaching in general. The proper way to perform the various events are shown through the use of sequential photographs.

_______. HOW TO STAR IN TRACK AND FIELD. New York: Scholastic Book Service, 1961. (64pp.)

An easy-to-read book for giving youngsters the basic instructions on how to excell in the area of track and field. There are chapters for each event with step-by-step procedures of performing that speciality, helpful tips, ways to practice it, and the form used by the best athletes. Includes sequential photos of Olympic champions and world record holders demonstrating their specialities.

Parker, Virginia and Robert Kennedy. TRACK AND FIELD FOR GIRLS AND WOMEN. Philadelphia: Saunders, 1969. (116pp.)

Women track and field enthusiasts will be able to explore the fundamental skills in the various events and learn how to perform them effectively by using this text. Each chapter gives a brief history of a certain event, tells which type of person is best suited for it, techniques of performing it, practice sessions, safety precautions, care of equipment, and rules. There are also chapters on conditioning, exercises, special training methods, cross country, and how to prepare from a track meet. Included are many nicely drawn illustrations, a glossary of track terms, and a bibliography of books and magazines. Saunders Physical Activities Series.

Piper, W. F. ME AND CHARLIE. Covina, Calif.: W. F. Piper Agency, n.d. (80pp.)

Humorous cartoons and brief thoughts about every aspect of running and runners who "think" like champions, but aren't and never will be. Contents include comments on nutrition (running by an ice cream store), foot care (getting run over by a car), runners as liars (telling their best times), and neighbors (yelling at joggers). Written by a jogger who said these "thoughts hit me like I'm sure they hit others." Good reading for joggers and non-joggers.

Powell, John T. TRACK AND FIELD FUNDAMENTALS FOR TEACHER AND COACH. Champaign, Ill.: Spipes Pub., 1965. (180pp.)

This book is divided into two sections on how teachers and coaches can teach track and field. They are actual lessons and steps in introducing an event by the teacher in thirty to forty minute lessons. For the coaches is a section where the events are discussed as a whole rather than segmented along with lists of typical faults and how they can be corrected. Included are performance grading scales and a comparison list of time and distance for yards and meters.

PROCEEDINGS OF THE TRACK AND FIELD INSTITUTE. Madison, Wis.: University of Wisconsin, 1971 (?). (234pp.)

The results of the proceedings of the Track and Field Institute at the University of Wisconsin in June 1966 are put together in book form, as much of the information presented was never published elsewhere. There are fourteen very detailed articles written by specialists in the field such as Charles Thomas, Richard Garislin, and SJSU's own Drs. Bruce Ogilivie and Thomas Tutko. Articles include track athletes in wheelchairs, dangers of heat exhaustion, the meaning of endurance, relaxation in all-out running, and several other topics. Along with the text are bibliographies and questions and answers other panelists asked.

Redmond, Gerald. THE CALEDONIAN GAMES IN NINETEENTH CENTURY AMERICA. Cranbury, N.J.: Associated University Press, 1971. (146pp.)

This book provides information about the Scottish Games in the United States during the nineteenth century and its contributing influence upon the development of American track and field. It tells about the origin of the American Scottish Games, contests between the various clubs, college games, and its decline. There are reproductions of newspaper articles on the games, a list of the various Caledonia contests, and the events in each one (from 1858-1879). Written by a research assistant in sports history, it includes a bibliographic essay of comments made on various articles and books used in writing this text.

Richards, Bob. THE HEART OF A CHAMPION. New York: Pyramid Books, 1966. (144pp.)

The author, an Olympic pole vaulting champion and TV personality, tells how to live like a champion, and how to find and use the needed extra measure of power and inspiration to live life to the fullest. In this easy-to-read text, he describes the lives of Jesse Owens, Bob Mathias, Glenn Cunningham, and a host of others who found the way, despite setbacks and defeats, to become winners in sports and in life.

Richardson, Archie. ARCHIE'S LITTLE BLACK BOOK. Los Angeles: Rich Burn Publishing Co., 1965. (100pp.)

A unique little book covering the entire spectrum of track and field. Although broken up into little bits and pieces, it has many sidelights of information. Included are world records for high school, college, and open track and field events, results of various Olympic Games, origin and firsts of all event standards, stories of incredible feats, development of various equipment, quotes from top stars, questions and answers, athletic fallacies that have been destroyed, etc. Photographs show winners with cutlines and the athletes best marks.

Rosandich, Thomas, ed. TRACK IN THEORY AND TECHNIQUE. Berkeley, Calif.: World Pub. Co., 1962. (304pp.)

A collection of articles put together by noted coaches and track writers from the United States, Asia, and Europe who met in 1962 during the Asian Games. These twenty-nine detailed articles are on fundamentals of conditioning, physiological principals of training, injuries, cross country, track promotion and organization, and articles on each event. There are illustrations and short bibliographies at the end of most articles. Some of the writers include Ken Doherty, Tom Rosandich, Dr. Frank Ryan, Fred Wilt, and Bill Bowerman.

________, Bob Lawson, and Paul Ward. THE AMERICAN TRAINING PATTERN. Upson, Wis.: Olympia Sports, Pub., n.d. (69pp.)

Discusses the training system designed in the United States for school competition. Included are the various types of training, selected running workouts, the eight steps of daily training, circuit training programs, and weight training patterns. There are charts showing the basic exercises, typical training patterns, etc. This program was put together from notes taken at the Olympia Track and Field Coaches Clinic. An excellent bibliography is located at the end of the text.

Robison, Clarence F. and Clayne R. Jensen, Sherald W. James. MODERN TECHNIQUES OF TRACK AND FIELD. Philadelphia: Lea and Febiger, 1974. (349pp.)

Includes the most current information on track and field in a well-illustrated and simplified text. For each group of events are descriptions, records, common faults, training schedules and conditioning exercises. There are also sections of basic performance traits, promotion, meet organization, and track construction. There is a glossary of track terms, distance conversion tables, track records, and decathlon scoring tables. An extensive bibliography of books and records is located along with an index of Track Technique articles.

Scott, Phebe M. and Virginia R. Crafts. TRACK AND FIELD FOR GIRLS AND WOMEN. New York: Meredith Pub. Co., 1964. (220pp.)

This is a book written for all girls and women interested in track and field - the teacher, coach, beginning performers, novice, and champion. There are chapters for each event with history, techniques, rules, and teaching suggestions. Also there is an excellent history of track and field for women, planning track meets, conditioning, an analysis of form, and methods used in teaching track. A glossary of terms and annotated bibliography are included along with sample track forms, suggested range of performers and marking the track. Series in Health, Physical Education, Physical Theory, and Recreation.

Scott, Jack. ATHLETICS FOR ATHLETES. Berkeley, Calif.: Other Way, 1964. (112pp.)

Speaks of the problems that those involved in athletics in America are faced with daily - racism, authoritarianism, amateurism, the role of sport in education, politics and the Olympics, and the many other issues involved in the role sports should play in a democratic society. The author also answers questions put to him by athletes, sports writers, and interested athletic observers. Many of the articles used come from various magazines while there are photographs illustrating most stories. Contains an excellent bibliography of materials the author used in researching this book.

Southern Pacific Association. 1974 WOMEN'S TRACK AND FIELD GUIDEBOOK. North Hollywood: Southern Pacific Association - AAU, 1974. (52pp.)

An annual guide to womens track and field in the Southern California area. It tells how to join the AAU, how to become a track official and includes a media guide, major meets, world, American, SPA-AAU indoor and outdoor records, rules, suggested schedules, directory of AAU officials and clubs, and authorized AAU meets. There are rules on the basic athlete eligibility rules, and sanctioned meets.

SPORTS ILLUSTRATED BOOK OF THE OLYMPIC GAMES, THE. New York: Time-Life, 1968. (204pp.)

A story of the modern Olympic Games through the use of photographs showing the track and field highlights of each game. Many of the photographs are in color and depict the outstanding moments in both the summer and winter games. There is also a story on the ancient games, performance graphs comparing the winning times, and the winners of all the track and field, swimming, and gymnastic events.

STARTING LINE 1972 HANDBOOK. Reseda, Calif.: Starting Line, 1972. (68pp.)

A track and field annual for junior age-group athletes. The best athletes of the past year are announced while there are rankings of the top athletes and a sentence about their performances. There are brief highlights of the past year for each event and each age group, results of major competitions, age-group and cross country rules, and a directory of established track clubs for youngsters. Included are photographs of winners of top races and best runners of the year.

Sullivan, George. BETTER TRACK AND FIELD EVENTS FOR BOYS. New York: Bodd, Mead and Co., 1967. (63pp.)

A well-illustrated text for youngsters to learn how to perform the various track and field events. For each event it gives the proper techniques, a list of do's and don'ts, rules, and exercises. There are also charts on conditioning, training, diet, and nutrition. Lists of record holders from the Boy's AAU Junior Olympic Program in the bantam, midget, junior, intermediate, and senior division are placed in the text. Included is a glossary of track terms and numerous photographs.

TAFNOT 72. Los Altos, Calif.: Track & Field News, 1973. (64pp.)

A diary of the Track and Field News Olympic Tour (TAFNOT) in which eleven hundred tour members traveled to Munich, West Germany in 1972. There are stories and photographs on the track banquet, the tour's travel agent, a report on the Games, the problems involved, the opening ceremonies, Olympic Park, nearby towns where tour members stayed, and people at the stadium. A questionnaire was sent to all the members and their replies are given to questions on how they rated the tour. It also names the people who have taken the most TAFNOT tours since 1952 and the number of people per tour. Written by staff writers and tour members, this is one of a series of books put together after each Olympic Games.

Thompson, Donnis H. MODERN TRACK AND FIELD FOR GIRLS AND WOMEN. Boston: Allyn and Bacon, Inc., 1973. (274pp.)

A well-rounded book showing physical education majors how to teach track and field. It gives sample teaching units and lesson plans and how to organize a track meet, equipment and supply companies, where to get audio-visual materials, weight training schedules, and exercises. Isometric and calistenic exercises and chapters on each of the various events are included. A bibliography appears at the end of the text on other women's track and field books.

________ ed. TRACK AND FIELD GUIDE 1974-76. Washington D.C.: American Association for Health, Physical Education, and Recreation, 1974. (186pp.)

A bi-yearly guide put out by the Division for Girls and Women of the AAHPER for track and field and cross country. It includes members of the various committees, sources of information standards and beliefs of the group. There are a dozen articles on coaching, weight training, meet hints, conditioning, field events and developing track for youngsters. A glossary of track terms are given along with lists of girls and womens records, metric and English distance equivalents, suggested time schedules, officials rules for meets, and other important informations. A list of study questions and answers and a bibliography can be found in the text.

_______. WOMEN'S TRACK AND FIELD. Boston: Allyn and Bacon, Inc., 1969. (86pp.)

Uses the conceptual approach to organize materials and present it to the reader. The concepts are presented individually and supporting statements follow. Also, a section on learning experiences where the student can see the concept work is given out. Finally there are questions at the end for the athlete to answer. If they pass it, that shows the student knows the material and can go on to the next concept. Some of these concepts include participation, equipment, rules, strategy, and training. A three-page bibliography tells of other books on the subject.

Thompson, Less. RUNNING THE RACE. Wheaton, Ill.: Tyndale House, 1968. (78pp.)

An Olympic anthology of memorable reading. Articles are written by the author and other writers who tell about the birth of the Olympics and the accomplishments and exploits of athletes who turned each of the Games into a historical event. Biographies of top Olympians such as Rafer Johnson, Jim Ryan, Roger Bannister, and others are given as well as an article taken from Bob Richard's HEART OF A CHAMPION.

Track and Field News Staff. CHAMPIONSHIP PICTORIAL 72. Los Altos, Calif.: Tafnews Press, 1972. (64pp.)

An annual look at the best photographic coverage of the top United States track and field stars of the past year. These photographs are almost a full page and can be cut out and placed on walls or bulletin boards. Some of the stars include John Powell, Randy Matson, Bob Seagren, Steve Smith, Rod Milburn, Dave Wottle, and Steve Williams. It contains three or four pictures per event, many of which have never been published before.

TRACK AND FIELD OFFICIALS' MANUALS - 1972-73. Tuscon: United States Track and Field Federation, 1972. (80pp.)

An annual handbook for officials judging meets under the United States Track and Field Federation jurisdiction. It describes the meet management and duties of the referee, clerk of the course, announcer, starter, and the other meet officials. Rules and procedures for judging the various events are given along with specifications for equipment, lane sizes, and stageration. Sample forms are shown for entries, scorekeeping, information sheets, violation sheets, event sheets, passes, and timer reports.

United States Olympic Committee. OLYMPIC SPORTS: ATHLETICS - MEN. New York: United States Olympic Committee, 1960-62 (?). (32pp.)

This book was written to stimulate the public's interest and wide-spread participation of track and field on the Olympic program. There are training tips on each of the various events and step-by-step analysis on how to perform it. Brief summaries of the Olympic creed, motto, flag, and rings are given along with some background and history of Olympic men's track and field. Lists of medals won since 1896 and recordholders are given. Included are photos of gold medal winners, Olympic highlights, and the United States Olympic Men's Athletic Committee.

Wakefield, Francis and Dorothy Harkins and J. J. Cooper. TRACK AND FIELD FUNDAMENTALS FOR GIRLS AND WOMEN. St. Louis: Mosby, 1970. (264pp.)

This text is divided up into six parts - introduction, running, hurdling, jumping, throwing, and meet management. The increase of girl's participation is explored along with some historical background, principles of conditioning and training, the various types of training, and starting a new track and field program. For each type of event it gives a history, special considerations, step-by-step techniques and teaching suggestions. There are sample score sheets, a metric equivalent chart, and a section discussing the pentathlon to round out the book.

Walker, Leroy. CHAMPIONSHIP TECHNIQUES IN TRACK AND FIELD. West Nyack, N.Y.: Parker Pub., 1969. (205pp.)

A summary of the essential phases of each event, an analysis of the fundamentals which affect the proficiency of the performer and the coaching sequences which will bring the performer to championship status. It shows the coach how to fully use an athlete's existing and potential abilities for each event and how best to develop those important techniques. Helpful are the sequential photographs of Olympic champions that are analyzed in detail to highlight the coaching technique which are basic to the event.

Walsh, John. THE FIRST BOOK OF THE OLYMPIC GAMES. New York: Franklin Watt, Inc., 1963. (56pp.)

An introduction of the Olympic Games for beginning readers. It explains what the early Games were like, its downfall, and the revitalization of the Olympics. Biographies are given for top track and field performers such as Bob Mathias, Jesse Owens, Paavo Nurmi, Jim Thorpe along with outstanding women athletes Wilma Rudolph and Babe Didrikson. A list of Olympic gold winners are given and some of the top record performers. There is a section of unusual happenings at some of the Olympic Games and an annotated bibliography of easy-to-read book on the Olympics.

Willoughby, David. THE SUPER ATHLETES. New York: A. S. Barnes and Co., 1970. (655pp.)

This book explains in detail how records made at anytime during the past one hundred years can be properly compared with those made during recent years. It also shows how performances in the track and field weight events can be rated regardless of the size of performers. This is also a record book on feats of strength, speed, stamina, and skill. Besides track and field, the author tells about other sports in which performances of outstanding skill and interest have been merited. Included are many rare photographs, charts, and illustrations, world records, and a large bibliography of various books and magazines.

Wilt, Fred and Tom Ecker. INTERNATIONAL TRACK AND FIELD COACHING ENCYCLOPEDIA. West Nyack, N.Y.: Parker Pub. Co., 1970. (350pp.)

This book contains the winning advice from twenty-three of the top track and field coaches in the world, in fact, it is one of the most comprehensive collection of techniques published. For each event, the individual author gives the technical know-how, elementary teaching stages, physiological, psychological, and mechanical approach to correct techniques, training tips and schedules. This very detailed book can be used by the coach to help his athletes get winning performances. Included are 285 drawings depicting the major movements in each event.

Biographies

Bannister, Roger. THE FOUR MINUTE MILE. New York: Dodd, Mead and Co., 1966. (252pp.)

This is a biography of Roger Bannister, the first athlete to break the four-minute mile. It tells the "why" - what motivates a man to train for years, to run his heart out for a few minutes of supreme physical effort, to plan and calculate during sleepness nights every step of tomorrow's race. Also, the author answers those criticisms leveled against him: the reason he secretly trained, why he never had a coach, and why he refused certain invitational miles. A chart shows the steps Bannister took to conquer the sub-four-minute mile while another lists his top races. Formerly called FIRST FOUR MINUTES.

Chodes, John. CORBITT. Los Altos, Calif.: Tafnews Press, 1974. (154pp.)

Biography of fifty-four year old Ted Corbitt who is widely known as the father of American ultra-distance running. Corbitt has run more marathons than anyone else in history (178 as of June, 1974), has never failed to finish a race in twenty-four years of competition, and has won and set many American records for distances of twenty-five miles and up. The book gives a yearly account of the marathons Corbitt has run along with the problems he has faced, reasons why he continues running, his training methods, injuries, and some of the courses ran. A chronological list of all the marathons Corbitt has participated in are given in the appendix along with some advice for running in the heat.

Connolly, Ogla. THE RINGS OF DESTINY. New York: David McKay, 1968. (311pp.)

A true story about two Olympic champions, Olga Fikotova of Czechoslovakia and Harold Connolly of the United States, falling in love at the 1956 Games in Melbourne, Australia. After the Olympics the young couple from getting together again, particularly the Czechoslovakian government. However, the couple surmount the obstacles and finally get married. The authoress goes into great detail about the experience she and her husband had at the Games, their complications in getting together, and the wedding. Photographs document this heartwarming and well-written autobiography.

Elliott, Herb and Alan Trengove. THE HERB ELLIOTT STORY. New York: Thomas Nelson and Sons, 1961. (178pp.)

Biography of one of Australia's premier milers and winners of the mile run during the 1960 Olympic Games in Rome. Elliott relates his early running career, training schedule, expenses, college experiences, running in the United States, impression of other runners, married life, winning the gold medal, and how he got along with other runners. Gives a good description of how Elliott broke the World's record. A list of sub-four minute miles from 1958-1960 are shown as well as photographs of Elliott's life. Formerly THE GOLDEN MILE.

Ferstle, Jim. DAVE WOTTLE STORY. Mountain View, Calif.: World Publications, 1973. (48pp.)

Dave Wottle, the runner with the famous while golf hat and one of the world's greatest middle distance runners, is the subject of this biography. It tells how a skinny, knock-kneed kid from a small Midwest high school became an Olympic gold medalist in Munich, West Germany during 1972. Wottle's desire never to be beaten by anyone at anything in track is told and how it helped spark him to success after success in his collegiate, amateur, and professional track career. A chapter of Wottle's statistics are shown along with several photographs. Runner's Monthly Booklet Series.

Foster, Jack. TALE OF THE ANCIENT MARATHONER. Mountain View, Calif. Runner's World Magazine, 1974. (48pp.)

Biography of a forty-year-old Olympic marathoner and world record holder at twenty miles. In fact Foster recently ran a 2:11 marathon - a time not more than a dozen men have even bettered. Foster describes his early life, how he began to run and his philosophy on running. Several of his top races are reported as well as some of the top marathoners who has helped the veteran runner. A short chapter lists Foster's best times, every marathon raced, and daily running schedules. Runner's Monthly Booklet Series.

Hanley, Reid M. WHO'S WHO IN TRACK AND FIELD. New Rochelle, N.Y.: Arlington House, 1973. (160pp.)

Over four hundred of the top track and field athletes and coaches are profiled and alphabetically catalogued for quick reference. Among them are male and female luminaries, record holders, Hall of Famers, Olympic champions and consistent winners such as Wilma Rudolph, Lee Evans, Al Feuerbach, Rafer Johnson, and Abebe Bikila. Under each entry is the person's birthdate, hometown, country, Olympic teams (if any), records held, places and dates, honors, and awards. Besides the vital career, facts, and highlights, it has toothsome tidbits - making it indispensible for fans of all ages.

Hendershott, Jon, ed. RON CLARKE TALKS TRACK. Los Altos, Calif.: Tafnews Press, 1972. (110pp.)

An interview with one of Australia's greatest runners, Ron Clarke. A holder of over twenty world records, Clarke never won the big race - the Olympic Games - so he speaks of his failure as well as his victories. He was interviewed for the book after retirement in 1970, so he reflects upon his career, the mental aspect of racing, his favorite and not-so-favorite opponents, most successful races, family relationship, amateurism, his last race, drugs, payoffs, the Olympics, and his popularity. A list of every race Clarke ran since fifteen-years of age is given along with his world records.

Hewson, Brian. FLYING FEET. New York: Arco Publishers, 1962. (160pp.)

Biography of one of Britian's most gifted runners, Brian Hewson, who broke several British records, beat some of the World's top athletes, and won many meets during the 1950's. Hewson tells his own story of the faith he had in himself, and the faith shared by his friends who helped him to some of his greatest successes. He speaks frankly about his failure of missing out on the most coveted award - the Olympic gold medal. Highlights of his career are shown in many photographs throughout the text.

Higdon, Hal. HEROES OF THE OLYMPICS. Englewood Cliffs, N.J.: Prentice-Hall, 1965. (63pp.)

Contains ten stories of top Olympic stars and written for the youngsters in mind. Each chapter takes the top star from each of the Games including Jesse Owens, Bob Mathias, Harold Connolly, Wilma Rudolph, Billy Mills, Herb McKenley, Babe Didrikson, Paavo Nurmi, Ted Meredith, and Spiridon Loues. The author shows that it is desire, rather than just physical strength in the face of great odds that makes heroes of the Olympics. Illustrations appear in each chapter.

Lindgren, Gerry and Jim Dunne. THE GERRY LINDGREN STORY. Mountain View, Calif.: Runner's World Magazine, 1971. (32pp.)

Gerry Lindgren tells how he went from "a runt who couldn't do anything" as a high school sophomore to a national hero as a senior. Along with Jim Dunne, the two trace Lindgren's career that took him to American and World records, international tours and a dozen national championships. Several charts show Lindgrens top times in each event, his performances at AAU, USTFF and NCAA championships, and a list of all his records. Runner's Monthly Booklet Series.

Matthews, Vincent and Neil Amdur. MY RACE BE WON. New York: Charterhouse, 1974. (396pp.)

The author, the 400-meter Olympic gold medal winner failed to stand at attention at the 1972 Olympic Games victory ceremony in Munich. In this book he tells the whole story of what led to his defiance on the victory stand - from the struggle against poverty and the society that shaped his values to the quest for identity; from the tough streets of Brooklyn to a black college in the South during the tumult of the movements for civil rights; and on to disillusionment with the stormy 1968 Mexico City Games. Included are poems and short stories written by Matthew's which show how athletics can both enrich and distort our character as a people.

Nelson, Cordner. THE JIM RYUN STORY. Los Altos, Calif.: Tafnews Press, 1967. (272pp.)

Biography of Jim Ryun - the world's fastest miler. The author relates Ryun's early days, how he got interested in track and how he worked up to make the United States Olympic team in 1964 but failed to win a medal at Tokyo. It then describes his college career at Kansas and some of the top races he ran including the world record of 3:51.3 at Berkeley. Finally his plans for the future and a list of his awards are announced. Over two hundred photographs show the life of Ryun and many of his top races.

Owens, Jesse and Paul G. Neimark. THE JESSE OWENS STORY. New York: Putnam and Sons, 1970. (110pp.)

One of the greatest runners of this century, Jesse Owens, watched the American flag raised four times for his victories in the 1936 Olympics. In his own words, he tells how a Negro kid who came from the worst poverty was to be thrown wildly to the top of the tallest mountain and somehow landed on his feet. He relates his experiences as a youngster and how he got interested in running, his coaches, married life, breaking world records, the Olympics, and trying to find work after the Games. Written for youngsters ten years and above, the text shows them that they can become successful at anything they try.

Parker, John. THE FRANK SHORTER STORY. Mountain View, Calif.: Runner's World Magazine, 1972. (48pp.)

An indepth look at Frank Shorter, one of the best-known track and field athletes in the world today; and his Olympic Games and subsequent marathon victories. Travel with him through seasons of lack luster performances to his breakthrough years of international success and his gold medal victory in Munich, West Germany during 1972. A list of Shorter's statistics are compiled along with his philosophy on a number of subjects. Several photos show Shorter running and many of his rival opponents. Runner's Monthly Booklet Series.

Spencer, Bud. HIGH ABOVE THE OLYMPIANS. Los Altos, Calif.: Tafnews Press, 1966. (320pp.)

Consists of a biography of controversial coaching great Dink Templeton along with material on the fundamentals of each event - as Templeton taught them during a long and colorful career. Written by one of his former athletes, Bud Spencer, this lengthy book tells of his coach's early life, as an athlete, as a coach at Stanford, and about some of his top athletes. Outstanding marks by Stanford athletes are listed as well as places finished in NCAA meets, and World record performances. Many photographs picture Templeton's life along with his most outstanding athletes.

Stowers, Carlton. THE RANDY MATSON STORY. Los Altos, Calif.: Tafnews Press, 1971. (186pp.)

Randy Matson is the greatest shot putter in history and this is his story. It tells of the remarkable all-round athlete, his athletic progress through the years, triumphs and setbacks, family life and responsibility, continuing drive to compete and meet new challenges and his Olympic performances and where he earned the gold medal, and the world record. Well illustrated with over forty photographs and including some facts and figures of Matson's shot put career.

WHO'S WHO IN OLYMPIC TRACK AND FIELD. Los Altos, Calif.: Track & Field News, 1960. (31pp.)

All of the highly pertinent data on the most likely winners of medals of the 1960 Olympic mens track and field competition is listed. There are five to twelve men per event selected from the United States team along with leading performers of other countries excluding marathoners and walkers. Under each of the two hundred entries is the person's name, event, vital statistics, years best marks, age, information about top races, occupations, hometown, and world records. This was a publication printed every four years prior to each Olympic Games.

Records and Statistics

Baer, Fred, ed. JUNIOR COLLEGE TRACK AND FIELD, 1969-70 ANNUAL EDITION. San Mateo, Calif.: JC Sportswire, 1970. (30pp.)

The best marks made by athletes competing for two-year colleges are listed for regular events in groups of approximately thirty deep. There are also sections on the best performances made by the leading California JC athletes, best marks for the various conferences, top national records, and best marks at the national meets and relays. Contains several articles on the state meet and a summary of the four leading teams in round-robin competition. Photographs of the outstanding athletes are shown.

Bateman, Hal. ALL-TIME FRESHMAN LIST. Los Altos, Calif.: Track & Field News, 1962. (12pp.)

This list shows the best marks of track and field performers who are freshmen in colleges or junior colleges. Each event has a depth of the top twenty-five performers along with their name, time, school, where set, and date. National freshmen records can also be found in the book. This annual was published to fill the gap in the 1960's when colleges had freshman track teams, but their results were never released.

Bloom, Marc. NEW YORK STATE SCHOLASTIC TRACK - 1966. New York: Marc Bloom, 1966. (54pp.)

An annual edition of the best of New York high school track and field. A list of the indoor and outdoor performances, national high school records, New York high school records, the top thirty-five teams, and an all-state track and field selections are given. An athlete of the year is announced and photographs show the various champions.

Cirulnick, Nate. THIRD ANNUAL MARATHON AND SUPER MARATHON GUIDE. New York: Roadrunners Club, 1966. (44pp.)

An annual edition of the World, United States, British, and Canadian best performances of the previous year, women's results, winners of the Boston Marathon and Polytechnic races, and European championships. All-time lists for the Worlds and U.S. best performances are given as well as members of the fifty-plus club (those who ran at least fifty marathons). The editors remarks and results left out of the previous year's edition help round out the issue.

Crumpton, Jim and Roger Shaffer. OREGON ALL-TIME RECORDS FOR HIGH SCHOOL TRACK AND FIELD. Medford, Ore.: Oregon Track and Field Pub., 1968. (42pp.)

Contains a useful list of records for high school athletes and coaches in Oregon. It includes an all-time tabulation of the top performers, national high school records, Oregon high school records in all divisions, and previous state individual and team champions. An annual edition and one of the few states to offer a publication like this.

_______. OREGON GIRLS TRACK AND FIELD - 1971. Canyonville, Ore.: Who's Who, 1971. (114pp.)

A very detailed publication and the first one primarily for women track and field in Oregon. Athletes and coaches of the year are announced along with the high school rankings, all-state meet results, and the top twenty dual meet rankings. State records are given with the previous years state meet results, major meet and cross country stats, and qualifying standards. There are several feature articles, a forecast of the next track season, and a school directory.

_______. WHO'S WHO IN OREGON HIGH SCHOOL TRACK AND FIELD 1970-71. Canyonville, Ore.: Who's Who, 1971 (104pp.)

A compilation of results on Oregon prep track and field efforts. The championship results of the previous years meet are given along with the best all-around results for the year in each event. The top twenty dual meet teams, all-state track and field teams are announced with a forecast of the upcoming season and a directory of the all-state schools. Reprints from RUNNERS WORLD including interviews, results and biographies appear in this book that would be of interest to the reader.

Dunaway, Jim. THE FOUR MINUTE MILE 1954-1967. New York: Jim Dunaway, 1967. (18pp.)

Contains a complete record, in chronological order, of all sub-four minute miles run indoors and outdoors from the time Roger Bannister broke it back in 1954 to March 1967. Under each of the 128 different days it was done, it gives the runners names who broke the four minute mark, the times and splits, country and records if any, other top runners and names of the meet. There are outdoor and indoor World lists of the fastest miles ever run, best performances, and the evolution of the world record in the mile.

Hanley, Jim. UNITED STATES RACE WALKING STATISTICS 1969-70. Van Nuys, Calif.: Jim Hanley, 1971. (32pp.)

The top race walkers during the 1969-70 seasons are listed with results of some of the major races. Results are given for race walks of one to twenty miles, ten to fifty kilometers, and hour long races with good depth in each list. Besides each name is the club, time, place, finished, site, and date. A conversion chart gives the difference of various races in feet and inches and the metric system.

INDOOR TRACK - 1972. Los Altos, Calif.: Tafnews Press, 1972. (28pp.)

A yearly publication with a current list of the all-time indoor performances in forty-four events of track and field and the top performances for the last year, (up to Aug. 31). Eighty performers are in each event with the athletes country, date, and time noted. There is a list of United States and World records, and the best times on various banked and unbanked tracks. This book is compiled by staff writers of TRACK AND FIELD NEWS so the lists may vary from those of the AAU lists.

Leydig, Jack, ed. 1974 PA-AAU LONG DISTANCE HANDBOOK. San Carlos, Calif.: Hatch Trade Press, 1974. (30pp.)

An annual handbook for long distance runners living in Northern California. It gives biographies of the 1973 PA-AAU and national AAU champions, directory of the various clubs in the area and officials which donate their time. There is a list of key contacts, PA-AAU long distance committee members, and a chart of long distance running records. There is room to write down vital information and photographs of the top runners.

Meade, George P. ATHLETIC RECORDS: THE WHYS AND WHEREFORES. New York: Vantage Press, 1966. (190pp.)

The author expresses the belief that track and field records should be considered scientific data. He also tells why competition has greatly increased as the record admiring public demands increasingly finer performers. It explains why records are broken due to increased competition, publicity, specialization, prep school training, motion pictures, mechanical pacemakers, improved coaching, and weight training. Other topics discussed are minorities in sports, the relationship of speed and distance in the different events, physical improvement of athletes and the various research findings. The text is very technical and difficult to read.

Nason, Jerry. THE STORY OF THE BOSTON MARATHON. Boston: The Boston Globe, 1966(?). (52pp.)

This is the first booklet ever written on the Boston Marathon. The race is now rated second only to the Olympic marathon in international prestige. A page is devoted to each winner along with his homestate and time, photographs, and a brief biography of the race. A graph shows the race in relation to elevation from beginning to end, its checkpoints, and the fastest times between these points. Individual statistics of the various winners are placed together for comparison. Lists show the fastest all-time B.A.A. racers, fastest marathon races, and top individual records.

Nelson, Bert, ed. THE LITTLE RED BOOK. Los Altos, Calif.: Track & Field News, 1974. (73pp.)

One of the most useful little books for the track fan ever devised. It has the new official ATFS metric conversion tables, plus a host of information for the spectator, coach, official, etc. Other tables include a combined decathlon and metric conversion, timing, relays, implement and equipment specifications, lane staggering, effects of wind and altitude, conversions for kilograms to pounds, Centrigrade to Fahrenheit, pacing chart, historical firsts, important addresses, and former Olympic sites.

OFFICIAL TRACK AND FIELD GUIDE - 1974. Shawnee Mission, Kansas: NCAA Publishing Service, 1974. (176pp.)

This is an annual book for and about colleges and junior college track and field performers and meet results. Written by top United States track writers, it gives the results of the previous year NCAA championship, the all-American team, and other championship meets. A large section is devoted to the track rules, equipment specifications, and meet procedures. The results of the cross country championships and indoor meets are given.

Pfiefer, Jack. WASHINGTON HIGH SCHOOL TRACK AND FIELD ANNUAL - 1973. Issaquah, Wash.: Washington Track and Field News, 1973. (34pp.)

Lists the Washington high school all-time bests for freshmen through senior classes and even junior high bests, the outstanding marks for 1972, and the state marks. Each entry gives the time or distance, name of performer, and hometown. Photographs of the top prep athletes can be found throughout the text.

Potts, Don H. and R. L. Quercetani. THE A.T.F.S. OLYMPIC HANDBOOK - 1964 EDITION. Los Altos, Calif.: Track & Field News, 1964. (42pp.)

This is a reference list of the winners of the various events of the past Olympic Games. Complete results of each event are given including the date of the event, number of competitors, results of the final heat, places, teams, and distances. A list of all-time world records are given along with photographs of the top winners through the years. Members and officers of the Association of Track and Field Statiticians are listed within the text.

_______. METRIC CONVERSION TABLES. Los Altos, Calif.: Track & Field News, 1974. (56pp.)

Contains the official tables used by the Association of Track and Field Statisticians. It gives the metric equivalents of feet and inches and vice-versa. It also compiles high jumping marks, anemometer reading, kilograms to pourds, and instructions on how to use these tables. These tables are included in THE LITTLE RED BOOK. This edition is a much more accurate, much easier to use, and more uniform than early tables used in previous editions.

Richardson, Don and Steve Miller. ILLINOIS TOP "100" - 1973. Park Forest South, Ill.: Timely Times, 1973. (37pp.)

An annual listing of the top one hundred athletes in each track and field event from the various Illinois high schools. Outdoor results are given along with the indoor results and national championships. Also the results of the past cross country championships and the top runners are given.

Rose, John R. FOSTER SONS OF PIKES PEAK. LaCrosse, Kansas: McValley Press, 1968. (120pp.)

Story of the annual race up the 14,110 foot famous Pikes Peak. It tells how the mountain got its name, a brief history of it and a description of the Barr trail which leads to the top. A year-by-year summary of the race is given along with the winners and their photographs and details of what happened. Charts, lists of every race, the all-time best ascent marks and marathon championships, progression of the record being broken, and the age-group winners.

Shepard, Jack, Wally Donovan, and Peter Mundle. AGE RECORDS - 1974. Los Altos, Calif.: Tafnews Press, 1974. (32pp.)

A compilation of the world and United States bests in forty-eight track and field events. The records for each age group between one and seventy-eight are included from the previous year. For each entry is the name of the event, age, time, name, team, and year the record was set. Photos of several of the record holders are included. This booklet is revised yearly by Track and Field News writers.

_______. HIGH SCHOOL TRACK - 1974. Los Altos, Calif.: Tafnews Press, 1973. (46pp.)

An annual digest of the previous season with statistics and top performers from both indoor and outdoor track at the high school level. It gives a biography of the athlete of the year along with the best marks for the top five preps. A review of the season is listed with records set and tabulation of the top performers in each event. There are also records for the all-time indoor and outdoor seasons and for the past year. Photographs of the top performers of the year are shown.

Visek, Vladimir. TOP TEN AVERAGES. Los Altos, Calif.: Tafnews Press, 1972. (102pp.)

A statistical look at the top fifty athletes in each event of track and field. The author gathered the top ten times or distances of each athlete and averaged them together. Besides the top ten times are also the places performed at, date, and place finished in the event. This list shows overall depth instead of an athlete having just one good performance and then fading from the picture. A special list for the decathon gives the top marks for all ten events. For the track "nut" who enjoys statistics and likes to compare the athlete's performance.

Physical Fitness

Bohannon, Richard L. GUIDELINES FOR SUCCESSFUL JOGGING. Washington D.C.: National Jogging Association, 1972. (64pp.)

A handy little book for the serious jogger. It explains why a person should exercise, the benefits of jogging, and answers to questions such as who, why, when, and where a person should jog. Along with the do's and don'ts of the sport, it describes the various type of equipment, pace charts, and charts to check the heart rate. A history of the NJA, its various chapters, objectives, organization, a list of membership fees, and awards are given for the joggers who wish to join this fine organization. Finally, a short bibliography is given along with a glossary and a few blank pages for a progress chart.

Cooper, Kenneth. AEROBICS. New York: Evans and Co., 1968. (253pp.)

Discusses aerobics - the scientific program of exercise aimed at overall fitness and health, using a unique point system for measuring progress. This method which is now employed by millions of people emphasized jogging as a conditioner. The need to exercise is discussed as well as the purpose of the charts. These charts give the various distances and time required that must be covered to earn the points. The chart for running, for example goes from one to twenty-five miles while there are other charts for rope skipping, swimming, cycling, stationary cycling, stationary running, additional exercises, etc.

_______. THE NEW AEROBICS. New York: Evans and Co., 1970. (191pp.)

This new book picks up where the other one left off as it contains a new age-adjusted, sex-adjusted, more graduated system of exercise. There are point evaluation for forms of exercises not considered at all in the first volume such as stair climbing and uphill running. There is a special chapter for women which considers aerobics in relation to figure control, pregnancy, and to the menstrual cycle. A long question and answer chapter deals with such questions as to the effect of aerobics on the heart and the relationship between aerobics and other health problems. A bibliography is included at the end of the text and is divided up into several chapters.

_______ and Mildred Cooper. AEROBICS FOR WOMEN. New York: Bantam Books, 1972. (160pp.)

The first aerobics book especially written for women. It tells why today's women have a particular need for aerobics exercise, explains the medical, physical, emotional, and cosmetic benefits of the popular program, reports on the personal aerobics experiences of women across the country and offers a special group of exercises all women can perform. The point system charts are listed in the appendix along with high altitude compensation charts and exercise equivalent charts for food and beverages.

EXERCISES FOR RUNNERS. Mountain View, Calif.: Runner's World Magazine, 1973. (80pp.)

Runners often pride themselves for having the most important elements of fitness - speed and endurance capacity. But many completely neglect the other elements - strength and flexibility. This booklet shows how to correct that neglect. Exercises are given to help prevent and heal the injuries runners are most prone to get, especially the dreaded pulled muscles, shin splints, sore knees, and achilles tendon injuries. Photographs show how the exercises should properly be performed and what parts of the body benefits from each one. References are included for more information about each chapter of the text. The book is especially helpful for the runners who think they hate extra exercise or think they don't need it. Runner's Monthly Booklet Series.

Fleming, Arthur. SUPER FOOD FOR SUPER ATHLETES. Oakland, Calif.: Sea Classic Press, 1968. (131pp.)

An interesting book for athletes to show them how to fix a good diet which puts in energy and muscle-building materials in their bodies. It tells what foods to avoid and limit. Also, it lists food that is healthful such as juices, vegetables, drinks, energy bars, formulas, dressings, and ice cream and how to prepare them. Menues are given for breakfast, lunch, and dinner as well as pre-competition menues and loss of weight menues. The various body elements are described and what foods contain them.

Jesse, John. STRENGTH, POWER, AND MUSCULAR ENDURANCE FOR RUNNERS AND HURDLERS. Pasadena: Athletic Press, 1971. (160pp.)

An excellent analysis of the why, how, and what of weight training, bridges the gap between modern scientific contributions, and the practical experiences of men who have specialized in the development of strength since the time of the Greek Olympic Games. It shows the advantages of weight training for the development of strength, power and muscular endurance. Nutrition for the athlete is explained while charts show the high and low caloric foods and high protein foods. A very short bibliography gives additional books on the subject.

Klafs, Carl E. and Daniel D. Arnheim. MODERN PRINCIPLES OF ATHLETIC TRAINING. St. Louis: Mosby Co., 1969. (448pp.)

Specifically designed as a text for college courses, this book is intended for the athletic trainer, coach, athlete and physician. It gives the general principles of training, the bases for recognizing and managing athletic conditions, and the prevention and care of the athletes injuries. Excellent illustrations show how to tape up the body and how to recognize the various injuries. Includes a glossary of medical and physiological terms, lists of equipment and supplies, and examples of various medical forms.

NUTRITION FOR ATHLETES - A HANDBOOK FOR COACHES. Washington D.C.: American Association for Health, Physical Education and Recreation, 1971. (56pp.)

This handbook is written for athletic coaches and others who provide nutritional information to athletes. It reviews the contents of a good basic diet which should be the foundation of all eating patterns and second, analyze the current theories and practices as they relate to nutrition and athletic performances. There are numerous charts which show sample meal suggestions, basic food groups, caloric requirements, and amounts of food needed by each athlete.

Roby, Frederick and Russell P. Davis. JOGGING FOR FITNESS AND WEIGHT CONTROL. Philadelphia: Saunders, 1970. (111pp.)

The entire scope of jogging is given along with the nature and purpose of the sport and why man needs to exercise. The general principles of jogging are listed, why training programs are valuable, exercises and injuries, equipment, clothing, and the effects of jogging on man's posture, muscular, circulatory, respiratory, and other body systems. A glossary of jogging terms can be found in the back of the book along with a short bibliography. There are several charts showing winners of the masters championships, shoe manufacturers and their shoes, caloric requirements for physical activities, and jogging standards. A beginners and advanced jogging program is shown with goals, records, and self-testing to check the improvement. Saunders Physical Activities Series.

RUNNER'S DIET, THE. Mountain View, Calif.: Runner's World Magazine, 1972. (96pp.)

One of the best guides to correct feeding and watering of runners. Proper eating and drinking have been a point of controversy and this booklet provides the latest data to help each coach and runner make the decision on what's best for their own needs. Fasting, carbohydrate loading, hot weather liquid intake, vitamin supplements, and other subjects are covered. Many of the articles are written by experienced sport nutritionalists and tested by actual runners. Weight charts are included along with those showing the measurements of the men performing the various events. Runner's Monthly Booklet Series.

Ryan, Frank. WEIGHT TRAINING. New York: Viking Press, 1969. (84pp.)

Explains the process of physical development by using weights, the need for safety and protection from injury, how the needs of an athlete may be analyzed, and a program worked out to achieve the desired muscular development to the desired goal. Written for the youngster in mind, it gives selected key exercises to practice and an example of an actual training program. There are numerous sequential photographs of athletes using weights in their training program. The Viking Library of Sports Skills.

Sheehan, George, comp. ENCYCLOPEDIA OF ATHLETIC MEDICINE. Mountain View, Calif.: Runner's World Magazine, 1972. (96pp.)

A highly useful guide to the prevention and treatment of injuries peculiar to runners. Dr. Sheehan, himself a runner and observer of track and field, discusses the various injuries such as leg muscle pulls, stress fracture, shin splints, achilles tendons, etc. Many of the methods discussed are revolutionary and not established by medical standards. Contains an index listing the ailments from A to Z and the pages they can be found on for easy reference. Valuable guide for the trainer, coach, and runners. Runner's Monthly Booklet Series.

Spackman, Robert R. CONDITIONING FOR TRACK AND CROSS COUNTRY. Carbondale, Ill.: Hillcress House, 1973. (36pp.)

This booklet is designed to present exercises that the athlete can perform all year round. An extra page in the book is blank so that the coach can put in the athletes suggested weight and individual exercises to practice. It lists exercisos for the ankle, knee, shoulder, elbow, and the other parts of the body by using step-by-step procedures and many illustrations. Other topics such as salt and water, sprinting, body weight, and conditioning are discussed.

Vitale, Frank. INDIVIDUAL FITNESS PROGRAMS. Englewood Cliffs, N.J.: Prentice-Hall, 1973. (292pp.)

It gives complete coverage of the many aspects of physical fitness including personal evaluation, exercise principles, techniques, precautions, and a wide variety of programs. Explains all the sound health habits that should be an integral part of a running program. A bibliography of additional materials is located in the text.

Wilt, Fred and Ken Bosen. MOTIVATION AND COACHING PSYCHOLOGY. Los Altos, Calif.: Tafnews Press, 197. (64pp.)

This book provides specific, step-by-step techniques for the motivation of athletes, both from the standpoint of the athlete and how he can shape his own mental attitude in a positive direction, and from the coaches standpoint and his role in this crucial process. Sixty basic practical pointers that every coach can find pertinent are given. These pointers will certainly not solve all coaching problems, but they do provide relevant suggestions and approaches that may serve to remind the coach of some of the small things he is apt to neglect in the every day rush of activities.

BOOKS NOT EXAMINED

Achilles Club. MODERN ATHLETICS. New York: Oxford, 1974. (211pp.)

Antonacci, Robert J. TRACK AND FIELD FOR YOUNG CHAMPIONS. New York: McGraw-Hill, 1974. (135pp.)

Bowers, Richard. TRACK AND FIELD EVENTS: FUNDAMENTALS. Columbus: Merill, 1974. (114pp.)

Canham, Don. TRACK AND FIELD. New York: Sterling Co., 1961. (128pp.)

Davis, Mac. PACEMAKERS IN TRACK AND FIELD. Cleveland: World, 1968. (128pp.)

Doherty, J. Ken. MODERN TRAINING FOR RUNNERS. Englewood Cliffs, N.J.: Prentice-Hall, 1964. (281pp.)

Greer, Harvey. TRACK AND FIELD: FIELD EVENTS. Chicago: Athletic Institute, 1972. (73pp.)

Kaufman, Mervyn D. JESSE OWENS. New York: Crowell, 1973, (33pp.)

Lake, John. JIM RYAN, MASTER OF THE MILE. New York: Random House, 1968. (174pp.)

Quercetani, Roberto L. A WORLD HISTORY OF TRACK AND FIELD ATHLETICS. New York: Oxford, 1967. (370pp.)

Ryan, Frank. DISCUS. New York: Viking Press, 1973. (56pp.)

_______. SHOT PUT. New York: Viking Press, 1973. (49pp.)

Stevens, Will. WOMEN'S TRACK AND FIELD. Chicago: Athletic Institute, 1973. (92pp.)

TRACK AND FIELD MAGAZINES

Major Periodicals

DISTANCE RUNNING NEWS, edited by John Anderson, 730 Vatter St., Manhattan, Kansas, 66502. A quarterly with the subscription price of $1.50 per year. It includes news, results, training, and technique articles on distance running. Has been discontinued and replaced by RUNNER'S WORLD.

HALL OF FAME NEWS, published by the National Track and Field Hall of Fame, 1524 Kanawha Boulevard East, Charleston, West Virginia, 25301. A new magazine which includes biographies of new Hall of Famers, a description of the recently completed facilities, photographs, and items of interest to all track and field enthusiasts.

HARRIER, THE, published by Marc Bloom, P.O. Box 188, Eltingville Station, Staten Island, N.Y., 10312. Weekly for ten weeks at $6 per season or 75¢ per copy. It includes rankings, results of meets, surveys, and features on cross country. There is also a schedule, editors comment, letters to the editor, and numerous photographs.

LONG DISTANCE LOG, published monthly under the auspices of the USTEF, 1225 N. 10th Ave., Tuscon, Ariz. A years subscription is $6. Given is deep coverage of road racing news, results, editorials, letters, and some technical articles.

NATIONAL JOGGING ASSOCIATION NEWS, published at 1910 K. St., N.W. Washington D.C. A cost of $8 includes both the membership fee and the magazine. It includes news of joggers hikes, discussion of the standards of performance, and safety guidelines.

RACING REPORT, a semi-monthly report of long distance by World Publications, Box 366, Mountain View, Calif. 94040. A subscription is $6 per year or $6.50 for foreign countries. Included are schedules, top runners, results of top meets, editorials, special reports, and lists of all-time bests. (ended in 1972)

RUNNER'S WORLD, published monthly by World Publications, Box 366, Mountain View, Calif. 94040. Edited by Joe Henderson, a years subscription runs $7 or 75¢ per issue. It contains articles only on running, results of top races, medical and training features, interviews, personality sketches, puzzles, schedules, readers comments, and sport briefs.

RUNNING, a Quarterly Journal of the Scientific Study of Distance Running, Box 267, Flagstaff, Ariz. This non-profit periodical includes research papers, short notes on research projects, opinions, and feature length articles on distance running.

STARTING LINE, edited by Max Zucker and Bill Peck, P.O. Box 878, Reseda, Calif., 91335. A yearly subscription is $5 of $1 per issue which comes out bi-monthly. A track and field magazine for young athletes including some technical material, editorials, sports medicine hints, and deep lists for all events.

TRACK & FIELD NEWS, published monthly by Track & Field News Inc., P.O. Box 296, Los Altos, Calif. 94022. A subscription is $9 a year or $10.25 in foreign countries. World's most comprehensive English-language news coverage of the sport. Includes deep lists and rankings, results, letters, editorials, book reviews, technical administrative articles, opinions, personalities, and occasional training and technical articles.

TRACK AND FIELD QUARTERLY REVIEW, published by the United States Track Coaches Association, 745 State Circle, Ann Arbor, Mich., 48104. It costs $8 in the U.S. and $10 for foreign countries. It is devoted to track and field technique, book reviews, abstracts, surveys, feature articles, tests made, administrative business, and NCAA and USTFF news.

TRACK NEWSLETTER, published twenty times a year by Track & Field News, Box 296, Los Altos, Calif. 94022. A subscription is $8 a year in the U.S. and Mexico and $10 elsewhere. It lists results of important meets and individuals, prediction, schedules, lists of champions, and event record progression.

TRACK TECHNIQUE, called the Quarterly Review of Track and Field Athletics. Published by TRACK & FIELD NEWS INC. P.O. Box 296, Los Altos, Calif., 94022 at $4 per year or $1 for single issues. There are sections on comments from coaches, mechanics, nutrition, helping prep spikesters, technique analysis of top athletes, how athletes train, editors comments, and world roundup of track news.

TRACK TIMES, published by the Olympic Sports Village, Upson, Wis., 54565. Printed six times a year at $3 or 50¢ per issue. Includes rankings, book reviews, stories on coaches and top performances, brief notes on world track news, and articles taken from newspapers. (Has been discontinued.)

UNITED STATES WOMENS TRACK COACHES ASSOCIATION NEWSLETTER, published by the USWTCA, 3511 Colorado Ave., Loveland, Col., 80537. There is a $4 membership fee and subscription charge. It includes schedule of events, rule changes, scoring tables, event reports, and qualifying standards.

USTFF NEWSLETTER, published periodically and edited by USTFF Executive Director Carl W. Cooper, 1225 N. 10th Avenue, Tuscon, Ariz., 85705. News of upcoming events and USTFF policy is given.

WOMEN'S TRACK AND FIELD WORLD, published by Women's Track and Field Publications, Claremont, Calif., 91711. A subscription is $6 per year or 50¢ for single issues. It includes features, ranking lists, women's track and field brief notes, meet results, editorials and letters to the editor.

State and Regional Periodicals

ALABAMA TRACK CLUB NEWS, edited by Rick Stetson and Nick Costes, Commission on Physical Fitness, State Capital, Montogomery, Ala., 36104. It gives a schedule of events, meet results, features, biographies, editor's comments, and letters from club members.

CALIFORNIA TRACK NEWS, a new publication edited by Bill Cockerham, 1717 South Chestnut Ave., Fresno, Calif., 93702. Meet results are given along with best marks per event, profiles on athletes, photographs, features, schedules, and letters to the editor.

CONNECTICUT ROAD RUNNERS JOURNAL, THE, edited by Lee Chisholm, 11 Cotton St., Farmington, Conn., 06032. Included are results of meets and schedule of future races.

HOOSIER ROAD RUNNERS...INDIANA STRIDERS NEWSLETTER, published at Greenbrief Apt. 37-D, Muncie, Ind., 47303. It contains club news, schedules, and meet results.

IOWANS ON THE RUN, published monthly by and for members of the Iowa Road Runners Club, 3021 49th St., Des Moines, Iowa. There is a calender of events, editors notes, and results of meets using both story and statistics.

MET TRACK, published eight times yearly by Tom Donlon, 18 Minerva Place, Bronx, N.Y., 10468. Gives complete coverage of New York and New Jersey, listing upcoming events, seasonal summaries, training information, personality schedules, and photographs of top runners.

MINNESOTA DISTANCE RUNNING ASSOCIATION NEWSLETTER, published at 590 Cleveland Ave. SW No. 10, New Brighton, Minn., 55112. It contains results of meets, interviews, a treasurer's report, and even a puzzle.

MINNESOTA TRACK AND FIELD OBSERVER, edited by W. R. Lazerik and D. H. Brown at 626 Robinwood Lane, Apt. D-7, Hopkins, Minn. Included are results of meets and coaches clinic, coaches corner, columnists, book reviews, training programs, feature articles, standings, and an acknowledgement section.

NEW JERSEY TRACK, 39 Mill Pond Road, N. Providence, New Jersey, 07974. Did not examine.

NEW YORK SCHOLASTIC TRACK, 2411 E. 3rd St., Booklyn, New York, 11223. Did not examine.

NORTHERN CALIFORNIA RUNNING REVIEW, published by members of the West Valley Track Club. It is edited by Jack Leydig, 603 S. El Dorado Ave., San Mateo, Calif., 94402. There are meet results, results, photographs, all-time marks, schedules, medical advice, special features, letters to the editor, biographies, club news, AAU running standings, editors comments, and reprints from various magazines.

OHIO RACE WALKER, 1384 Summit St., Columbus, Ohio, 43202. Did not examine.

OHIO TRACK AND FIELD NEWS, P.O. Box 55776, Cleveland, Ohio, 44101. It contains news of the Ohio area meet results, and photographs. (Has been discontinued.)

OREGON DISTANCE RUNNER, is a quarterly for the Oregon Road Runners Club. The editor is Robert Paul, 14230 S.W. Derby St., Beaverton, Ore. There are schedules, club news, photographs, and the editor's comments.

PNA-AAU SCHEDULETTER, published by the Pacific North Association of the Amateur Athletic Union. Edited by Orvil L. Driver, Rt. 6, No. 4 Bill Point Drive, Bainbridge Island, Wash. It gives a schedule of events and results of past meets.

ROAD RUNNERS CLUB - NEW YORK ASSOCIATION NEWS, edited by Ted Corbitt, Apt. 8H, 150 W. 225th, N.Y., 10463. The results of meets are given, association news, editorials, features, and poetry.

TEXAS TRACK AND FIELD, published by Hammer Sports Publications Inc., 8705 Katy Freeway, Suite 401, Houston, Texas, 77024. Covered is the entire track and field scene in Texas with results of top meets, listings of top performances, features, state qualifiers, major articles on outstanding meets, and photographs.

TRACK AND FIELD DIGEST, a semi-monthly publication at 325 Concord St., Glendale, Calif. It lists upcoming events, top athletes in Southern California, feature articles, and the top athletes in the Los Angeles and San Diego areas.

WASHINGTON TRACK AND FIELD NEWS, is considered America's oldest state track newsletter. Published by Jack Pfeifer, 3835 Wallingford Ave. N., Seattle, Wash., 98103. A subscription runs for $5 a year. Contains features, schedules, top marks, meet results, photographs, and state and national best marks.

Club Periodicals

BALTIMORE ROAD RUNNERS CLUB NEWSLETTER, edited by Les Kinion, 1363 Halstead Rd., Baltimore, Maryland, 21234. It contains a schedule, meet results, and biographies.

COLUMBIA TRACK CLUB NEWSLETTER, edited by Joe Duncan, 4004 Defoe Drive, Columbia, Mo., 21740. Included is a schedule of events and results of several track meets.

CULVER CITY ATHLETIC CLUB NEWSLETTER, edited by Stan Rosenfield, 1327 Palm St. No. C, San Luis Obispo, Calif., 93401. It contains club news, meet results, and a schedule.

DSE NEWS, a publication of the Dolphin-South Eng Runners Club. Edited by Ruth Simon Dettering at 828 El Camino del mar, San Francisco, Calif., 94121. It contains club news, schedules, editors comments, cartoons, poetry, letters to the editor, meet results, and reprints of top track articles.

FACULTY FOOTNOTES, published for members of the University of Toledo Faculty Jogging Club, Toledo, Ohio. There are results of races, feature articles, club news, schedule of events, and a mileage chart on each member.

FOOTNOTES, a publication of the Illinois Track Club and Illinois Road Runners at Box 2976, Station A, Champaign, Ill., 61820. It contains club news, meet results, and a schedule.

FOOTNOTES, published for the University of Wisconsin - Madison Track Club. The editor is Russ Caley, University of Wisconsin - Madison, Athletic Dept., Milwaukee, Wis., 53201. Included is club news, meet results, feature articles, and several photographs.

GOLDEN WEST ATHLETIC ASSOCIATION REPORTER, edited by John Pagliano, P.O. Box 2314 - Station D., Pasadena, Calif., 91105. It contains club news and results of meets.

HAGERSTOWN, MARYLAND, RUN FOR FUN CLUB NEWSLETTER, published at 118 Partridge Trail, Hagerstown, Maryland, 21740. It includes club news, meet results, schedules, and a financial report.

JOGGERS JOURNAL, published by the Springfield-Collingdale, Illinois Run For Your Life Club. It is edited by Byron Munday, 713 Beechwood Ave., Collingdale, Del., 19023. There is a schedule of events, meet results, and club news.

LAS VEGAS TRACK CLUB NEWS, published at No. One Main St., Las Vegas, Nev., 89101. Included is club news and meet results.

MASTERPIECES, published by the Missouri Valley Masters Track and Field Association, 8229 Cyb St., Overland Park, Kan., 66204. Included is club news, schedules, meet results, and runner profiles.

MASTERS NEWSLETTER, published by the New York Masters Sports Association, Room 1400, 11 Park Place, N.Y., 10007. It gives results of latest meets, schedule, features, biographies, and an editors comment.

NORTHERN CALIFORNIA SENIORS TRACK CLUB, published monthly by Mrs. Robyn Paulson, 629-44th Ave., San Francisco, Calif., 94121. Included are bylaws, schedule, meet results, monthly biographies of top club members, cartoons, editors remarks, and club news.

ROCHESTER ROAD RUNNERS, edited by Len Bagley at 88 Nettlecreek Road, Fairport, New York, 14450. It gives meet results, entry forms, and xeroxed copies of good articles.

SAN DIEGO TRACK CLUB NEWSLETTER, a monthly publication of the San Diego Track Club. Edited by Kaj Johansen, 4285 Trias St., San Diego, Calif., 92103. It contains club notes, meet results, schedules, and editors comments.

SANTA MONICA TRACK CLUB NEWSLETTER, edited by Ron McIntyre, P.O. Box 5771, Santa Monica, Calif., 90405. It is devoted to club news and results of meets.

SENIORS TRACK CLUB NEWSLETTER, a publication for the Seniors Track Club of Los Angeles. The editor is John Pagliano, 834 Vallambrosa Dr., Pasadena, Calif., 91107. Included is club news, feature articles, rankings, letters from club members, profile on outstanding runners, poetry, meet results, comments, and personal memories of top races.

SIX RIVERS RUNNING CLUB NEWSLETTER, published at 281 Hidden Valley Rd., Bayside, Calif., 95524. Only the meet results are given but these are in paragraph and statistical form.

SPARTAN CINDER CENTER REPORT, THE, a publication of San Jose State University track team. Edited by John Fuller, Dept. of Intercollegiate Athletics, San Jose State University, San Jose, Calif., 95112. It includes team news, schedules, quizzes, biographies, meet results and rankings.

STRIDE-ON, of the Hooser Road Running Club, 2815 Lake Shore Drive, Michigan City, Ind., 46360. There are features, biographies, letters, results, and schedules.

TULSA RUNNING CLUB NEWSLETTER, edited by Bern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla., 74136. Included is club news and meet results.

VALLEY TRACK AND FIELD, published at 17175 Chestnut Ave., Fresno, Calif., 93702. Results of meets in the San Jouquin and Sacramento Valley area are given along with biographies and records.

WINGFOOT, THE, a newsletter of the Atlanta Track Club. The editor is Hawthorne Wesley, P.O. Box 12345, Atlanta, Geo., 30305. It includes club notes, meet results, and a schedule of events.

Other Periodicals

AAU NEWS, published monthly by the Amateur Athletic Union, 3400 W. 86th St., Indianapolis, Ind., 46268. A subscription costs $5 per year in the U.S., $6 in Canada, $7 in other countries, and 50¢ per single issue. It covers the entire AAU spectrum but most of the articles concern track with schedules, world records, photographs, official changes, personalities, and results of meets.

ATHLETIC JOURNAL, 1719 Howard St., Evanston, Ill. 60602. A monthly periodical that costs $4 in the U.S., $4.50 in Canada, $6 in other countries, and 60¢ per single issue. It includes articles on the sports played during the season the magazine is published showing the various techniques. The use of sequential photographs can frequently be seen in many of the articles.

COACH, THE, published quarterly by the Wilson Sporting Goods Co., 2233 West St., River Grove, Ill. 60171. Free. There is news of all sports and some brief technical articles on track. (Has been discontinued.)

COACH AND ATHLETE, edited by Dwight Keith, 200 South Hull St., Montgomery, Ala., 36104. Published monthly except June and July with a yearly subscription at $5 or $1 for a single issue. A periodical for all coaches, players, trainers, and officials which describes the various techniques of sports including track, feature material, columnists, biographies, book reviews, and sports briefs.

FITNESS FOR LIVING, published semi-monthly by Rodale Press, 33 E. Minor St., Emmaus, Penn., 18049. There is a cost of $4.50 per year or $5 for foreign countries. A physical fitness magazine which also covers jogging and training for running. Features on various personalities, letters to the editor, articles from other magazines, and questions and answers are given. (Has been suspended.)

JOHPER (Journal of Health, Physical Education, and Recreation), published by the American Association for Health, Physical Education, and Recreation, 1201 165th St. N.W., Washington D.C., 20046. Contains administrative articles on all sports including track, editorials, book reviews, letters, philosophy of physical education, and some technical material.

LETTERMAN, a bi-monthly magazine, Box 804, Wheaton, Ill. 60187. Published by Paul Nyberg, a subscription costs $4 a year or $1 per issue. It covers high school sports including track, features on top athletes, predictions, lists of top athletes, letters to the editors, and answers to readers questions.

MEDICINE AND SCIENCE IN SPORTS, 200 Observatory Drive, Madison, Wis., 53706. Published quarterly by the American College of Sports Medicine at $17 per year. There is technical material including much directly related to track and field.

NAIA NEWS, 1205 Baltimore St., Kansas City, Mo. 64105. It covers college sports and tells of new administrative issues.

NCAA NEWS, published eighteen times a year by the National Collegiate Athletic Association, P.O. Box 1906, Shawnee Mission, Ka., 66222. It covers all college sports, administrative issues, meet results, top athletes, rule interpretations, photos, and articles from other newspapers.

OLYMPIAN, THE, published by the United States Olympic Committee, 57 Park Ave., New York, N.Y., 10016. A monthly magazine for individuals donating $12 or more to the organization. There is coverage on the U.S. Olympic teams, schedule of meets, letters to the editor, sportman and woman of the month, news of the USOC, feature articles, IOC developments, profiles of upcoming teams, future Olympic Games, and color photographs.

SCHOLASTIC COACH, 50 West 44th St., New York, N.Y., 10036. A monthly periodical from Sept. to June at $4.50 a year in the U.S., $6.50 for other countries, and 75¢ a single issue. All sports are covered as it is oriented toward the high school and college athlete and coach. There are some technical track and field articles, tips from coaches, how to build equipment, and hints for conditioning.

SPORTS ILLUSTRATED, published weekly by Time Inc., 541 North Fairbanks Count, Chicago, Ill., 60611. A subscription costs $14 in the U.S., $18 for foreign countries, and 75¢ a single copy. Excellent coverage of all sports including letters to the editor, a page of results, editors comments, features, color photographs, and columns on each sport.

SWIMMING TECHNIQUE, published monthly by Swimming World, 126181 Killion St., North Hollywood, Calif., 91607. There are technique and training articles for swimmers, much of which is applicable to runners.

USOC NEWSLETTER, official publication of the United States Olympic Committee, 57 Park Ave., New York, N.Y., 10016. A monthly magazine of news, announcements, editorials, letters, and opinions. (Has been discontinued.)

YESSIS REVIEW OF SOVIET PHYSICAL EDUCATION AND SPORTS, published quarterly by Dr. Michael Yessia, Dept. of Physical Ed., Cal. State College at Fullerton, Fullerton, Calif., 92631. A subscription costs $12.50 a year, $13 for foreign countries and $3.50 for single copies. Several Russian sport journals are translated by Dr. Yessis. There are usually several articles on track and field with summaries, results, various techniques, and photographs.

INDEX OF AUTHORS

Achilles Club 85
Alley, Louis E. 51
Amateur Athletic Union 48
Amdur, Neil 71
Anderson, Bob 18, 48
Antonacci, Robert J. 85
Arnheim, Daniel D. 82
Atkinson, Hugh 48

Baer, Fred 73
Bannister, Roger 68
Bateman, Hal 74
Bennett, Thomas C. 48
Bloom, Marc 74
Bohannon, Richard L. 79
Bosen, Ken 84
Bowen, John D. R. 20
Bowers, Richard 85
Bowerman, William J. 20, 49
Bush, Jim 20

Caldwell, Bruce 44
Calish, Richard 50
Canham, Don 85
Cantello, Al 20
Chodes, John 68
Cirulnick, Nate 74
Connolly, Harold 44
Connolly, Ogla 68
Cooper, John M. 50, 66
Cooper, Kenneth 80
Cooper, Mildred 80
Costes, Nick 21
Costill, David L. 22
Crafts, Virginia R. 62
Cretzmeyer, Francis X. 51
Crowe, Dan 51
Crumpton, Jim 74, 75

Davis, Mac 85
Davis, Russell P. 82
Dintiman, George B. 22
Dodd, Edward 23
Doherty J. Kenneth 23, 51, 85
Donovan, Wally 79
Dunaway, Jim 23, 75
Dunne, Jim 71
Durant, John 52
Dyson, Geoffrey 52

Ecker, Tom 52, 53, 67
Elliott, Herb 69

Falk, Bill 44
Felton, Sam 45
Ferstle, Jim 69
Fleming, Arthur 81
Forman, Kenneth E. 54
Foster, Jack 69
Fraley, Jim 54
Frederick, E. C. 24

Gambetta, Vern 25
Ganslen, Richard V. 45
Gardner, James B. 25
Gilmore, Haydn 25
Gordon, James A. 54
Greer, Harvey 85

Hacker, Rich 58
Hanle, Zack 26
Hanley, Jim 75
Hanley, Reid M. 70
Hannus, Matti 26
Harkins, Dorothy 66
Harris, W. E. 20
Hay, Jim 53
Hendershott, Jon 70
Henderson, Joe 18,26,27,48
Hessel, Del 28
Higdon, Hal 28,55,71
Hildreth, Peter 55
Husted, Virginia M. 54
Hewson, Brian 70

Jackson, Nell C. 55
James, Sherald W. 62
Jensen, Clayne R. 62
Jesse, John 81
Jokl, Ernst 55
Jokl, Peter 55
Jordan, Payton 56

Kaufman, Mervyn D. 85
Kennedy, Robert D. 57,57
Klafs, Carl E. 82

Kring, Ray F. 57

Laird, Ron 28
Lake, John 85
Lavery, James 50
Leydig, Jack 29,76
Lindgren, Gerry 71
Loarder, W. R. 29
Lydiard, Arthur 29,30

McClelland, Marshall K. 56
McGuire, Frank 31
McNeff, J. D. 31
Matthews, Vincent 71
Meade, George P. 76
Meyer, Catherine D. 57
Miller, Kenneth D. 58
Miller, Steve 78
Mundle, Peter 79
Myers, Earl 58

Nason, Jerry 76
Neimark, Paul G. 72
Nelson, Bert 77
Nelson, Cordner 31,32,71
Newton, Joe 32
Norman, Richard 58

O'Conner, W. Harold 33,58,59
Olsen, Thomas 46
Osler, Thomas J. 23,33
Owens, Jesse 72

Parker, John 72
Parker, Virginia 59
Perrin, William 50
Pfeifer, Jack 77
Piper, W. F. 59
Potts, Don H. 78
Powell, John T. 60
Purdy, Gerry J. 25

Quercetani, Roberto L. 85

Rawlinson, Ken
Redmond, Gerald 60
Richards, Bob 61
Richardson, Archie 61
Richardson, Don 78
Robison, Clarence F. 62
Roby, Frederick 82
Rohe, Fred 35
Rosandich, Thomas 35,61
Rose, John R. 78
Ross, Wilbur L. 35
Rothenstein, Marvin 35,36
Runner's World Eds. 37
Ryan, Frank 38,46,83,85

Schindle, Karl 32
Scott, Jack 62
Scott, Phebe M. 62
Sehested, Ove. H. 24
Shaffer, Roger 74,75
Sheehan, George 83
Shephard, Don 38
Shephard, Jack 79
Simonyi, Gabor 45
Smith, Bill 20
Southern Pacific Assoc. 63
Spackman, Robert R. 84
Spencer, Bud 56,72
Sports Illustrated Eds. 23
Squires, William 39
Stephens, Will 85
Stiles, Maxiwell 39
Stowers, Carlton 73
Sullivan, George 63
Spine, Mike 39

Telford, John 40
Thompson, Donnis H. 64,65
Thompson, Les 65
Tipton, Charles M. 51
Track & Field News Eds. 65
Trengove, Alan 69

U. S. Olympic Committee 66

Valentine, Kim 40
Valentine, Tom 20
Vick, Robert E. 41
Visek, Valdimer 79
Vitale, Frank 84

Wakefield, Francis 66
Walker, Leroy 66
Wallack, Lester C. 50
Walsh, John 67
Williams, Gar 41
Willoughby, David 67
Wilt, Fred 41,42,47,53,67,84
Winter, Lloyd C. 42,43,47
Woodall, M. Thomas 43

INDEX OF BOOKS

AAU OFFICIAL 1974-75 TRACK AND FIELD ADDENDUM, THE 48
AAU TRACK AND FIELD HANDBOOK 57
AEROBICS 80
AEROBICS FOR WOMEN 80
AERODYNAMICS OF JAVELIN FLIGHT 45
AGE OF THE RUNNER 18
AGE RECORDS - 1974 79
ALL ABOUT DISTANCE RUNNING SHOES 18
ALL-TIME FRESHMAN LIST 74
AMERICAN TRAINING PATTERN, THE 61
ARCHIE'S LITTLE BLACK BOOK 61
ARTHUR LYDIARD'S RUNNING BIBLE 29
ARTHUR LYDIARD'S RUNNING TRAINING SCHEDULE 30
A.T.F.S. OLYMPIC HANDBOOK, THE 1964 EDITION 78
ATHLETES FEET 19
ATHLETIC RECORDS: THE WHYS AND WHEREFORES 76
ATHLETICS FOR ATHLETES 62

BEGINNING RUNNING 19
BEGINNING TRACK AND FIELD 50
BEST IN TRACK AND FIELD FROM SCHOLASTIC COACH, THE 49
BEST OF TRACK NEWSLETTER - VOLUME 9 49
BETTER TRACK AND FIELD EVENTS FOR BOYS 63
BOSTON MARATHON, THE 19
BRESNAHAN AND TUTTLE'S TRACK AND FIELD ATHLETES 51
BY-LINE 1969 50

CALDEONIAN GAMES IN NINETEENTH CENTURY AMERICA, THE 60
CHAMPIONS IN THE MAKING 56
CHAMPIONSHIP PICTORIAL 72 65
CHAMPIONSHIP TECHNIQUES IN TRACK AND FIELD 66
CHAMPIONSHIP TRACK AND FIELD 52
CLUB RUNNING 21
COACHES GUIDE TO WINNING HIGH SCHOOL TRACK AND FIELD 58
COACHING DISTANCE RUNNERS 21
COACHING TRACK AND FIELD 49
COMPLETE GUIDE TO HIGH SCHOOL TRACK AND FIELD COACHING 57
COMPLETE RUNNER, THE 37
COMPETITIVE RACE WALKING 28
COMPUTERIZED RUNNING TRAINING PROGRAMS 25
CONDITIONING FOR TRACK AND CROSS COUNTRY 84
CONDITIONING OF DISTANCE RUNNERS, THE 33
CORBITT 68

DAVE WOTTLE STORY 69
DISCUS 85

ELECTRONIC OLYMPICS, THE 55
ELUSIVE BAR, THE 44
ENCYCLOPEDIA OF ATHLETIC MEDICINE 83
EXERCISES FOR RUNNERS 81

FEMALE RUNNER, THE 24
FINNISH RUNNING SECRETS 26
FIRST BOOK OF THE OLYMPIC GAMES, THE 67
FLYING FEET 70
FOSTER SONS OF PIKES PEAK 78
FOUR MINUTE MILE, THE 68
FOUR MINUTE MILE 1954-1967, THE 75
FRANK SHORTER STORY, THE 72

GAMES, THE 48
GERRY LINDGREN STORY, THE 71
GREAT MOMENTS IN TRACK AND FIELD 54
GREATEST SPRINTERS, THE 39
GUIDE TO DISTANCE RUNNING 18
GUIDE TO LONG DISTANCE RUNNING 23
GUIDE TO MIDDLE AND LONG DISTANCE TRAINING METHODS, A 39
GUIDE TO SPRINTING 25
GUIDELINES FOR SUCCESSFUL JOGGING 79

HAMMER THROW, THE 44
HEART OF A CHAMPION, THE 61
HERB ELLIOTT STORY, THE 69
HEROES OF THE OLYMPICS 71
HIGH ABOVE THE OLYMPIANS 72
HIGH JUMP 46
HIGH SCHOOL RUNNERS AND THEIR TRAINING PROGRAMS 31
HIGH SCHOOL TRACK - 1974 79
HIGHLIGHTS OF THE OLYMPICS 52
HOW THEY TRAIN: LONG DISTANCE 41
HOW THEY TRAIN: MIDDLE DISTANCE 41
HOW THEY TRAIN: SPRINTING AND HURDLING 42
HOW TO BUILD YOUR OWN TRACK AND FIELD EQUIPMENT 56
HOW TO STAR IN TRACK AND FIELD 59
HOW TO TRAIN FOR TRACK AND FIELD 55
HURDLER'S BIBLE, THE 35
HURDLING AND STEEPLECHASING 25

ILLINOIS TOP "100" - 1973 78
ILLUSTRATED GUIDE TO OLYMPIC TRACK AND FIELD TECHNIQUE 53
INDIVIDUAL FITNESS PROGRAMS 84
INDOOR TRACK - 1972 76
INSIDE TRACK 20
INTERNATIONAL TRACK AND FIELD COACHING ENCYCLOPEDIA 67
INTERVAL TRAINING 21

JESSE OWENS 85
JESSE OWENS STORY, THE 72
JET SPRINT RELAY PASS, THE 42
JIM RYAN, MASTER OF THE MILE 85
JIM RYAN STORY, THE 71
JOG FOR YOUR LIFE 25
JOGGING 20
JOGGING FOR FITNESS AND WEIGHT CONTROL 82
JOGGING THE LYDIARD WAY 30
JOGGING TO A NEW FIGURE 26
JOGGULAIRTY 20
JUMPS, THE - CONTEMPORARY THEORY, TECHNIQUE AND TRAINING 47
JUNIOR COLLEGE TRACK AND FIELD, 1969-70 ANNUAL EDITION 73

LET THE GIRLS RUN 41
LITTLE RED BOOK, THE 77
LONG GREEN LINE, THE - CHAMPIONSHIP HIGH SCHOOL CROSS COUNTRY 32
LONG SLOW DISTANCE - THE HUMANE WAY TO TRAIN 26

MARATHON AND SUPER MARATHON GUIDE - THIRD ANNUAL 74
MARATHON HANDBOOK, 1974 30
ME AND CHARLIE 59
MECHANICS OF ATHLETICS, THE 52
MECHANICS OF THE POLE VAULT 45
METRIC CONVERSION TABLES 78
MILEAGE UNLIMITED 35
MILNER, THE 31
MODERN ATHLETICS 85
MODERN ATHLETIC TRAINING
MODERN HAMMER TECHNIQUES 45
MODERN PRINCIPLES OF ATHLETIC TRAINING 82
MODERN TECHNIQUES OF TRACK AND FIELD 62
MODERN TRACK AND FIELD 51
MODERN TRACK AND FIELD FOR GIRLS AND WOMEN 64
MODERN TRAINING FOR RUNNERS 85
MOTIVATION AND COACHING PSYCHOLOGY 84
MOTIVATION AND RACING TACTICS IN TRACK AND FIELD 33
MY RACE BE WON 71
MY RUN ACROSS THE UNITED STATES 38

NEW AEROBICS, THE 80
NEW VIEWS OF SPEED TRAINING 32
NEW YORK STATE SCHOLASTIC TRACK - 1966 74
NORTHERN CALIFORNIA DISTANCE RUNNING ANNUAL - 1970 29
NUTRITION FOR ATHLETES - A HANDBOOK FOR COACHES 82

OFFICIAL TRACK AND FIELD GUIDE - 1974 77
OLYMPIA CROSS COUNTRY CLINIC NOTES 35
OLYMPIC GAMES, 1972 33
OLYMPIC SPORTS ATHLETICS - MEN 66

OLYMPIC TRACK AND FIELD TECHNIQUES 53
ON THE RUN FROM DOGS AND PEOPLE 28
OREGON ALL-TIME RECORDS FOR HIGH SCHOOL TRACK AND FIELD 74
OREGON GIRLS TRACK AND FIELD - 1971 75

PA-AAU LONG DISTANCE HANDBOOK - 1974 76
PACEMAKERS IN TRACK AND FIELD 85
PHYSIOLOGICAL BASIS OF ATHLETIC RECORDS 55
POEMS OF A LONG DISTANCE RUNNER 39
POLE VAULT 46
PRACTICAL RUNNING PSYCHOLOGY 34
PROCEEDINGS OF THE TRACK AND FIELD INSTITUTE 60

RACE PROMOTION 34
RACING TECHNIQUES 34
RANDY MATSON STORY, THE 73
RINGS OF DESTINY, THE 68
ROAD RACERS AND THEIR TRAINING 27
ROAD RUNNERS CLUB HANDBOOK, THE 41
ROCKET SPRINT START 43
RON CLARKE TALKS TRACK 70
RUN FOR YOUR LIFE 43
RUN GENTLY, RUN LONG 27
RUN, RUN, RUN 42
RUNNER'S ALMANAC - 1973 36
RUNNER'S AND RACES: 1500M./MILE 32
RUNNER'S DIET 83
RUNNER'S TRAINING DIARY 36
RUNNER'S TRAINING GUIDE 36
RUNNER'S WORLD OLYMPIC TOUR, 1972 48
RUNNER'S WORLD PICTORIAL, 1971 37
RUNNING AFTER FORTY 37
RUNNING BODY, THE 24
RUNNING FOR YOUR LIFE 24
RUNNING THE RACE 65
RUNNING WITH THE ELEMENTS 38

SHOES FOR RUNNERS 38
SHOT PUT 85
SO YOU WANT TO BE A HIGH JUMPER 47
SO YOU WANT TO BE A SPRINTER 43
SPORTS ILLUSTRATED BOOK OF THE OLYMPIC GAMES, THE 63
SPORTS ILLUSTRATED TRACK AND FIELD: RUNNING EVENTS 23
SPRINT 38
SPRINTER 29
SPRINTING SPEED: IT'S IMPROVEMENT FOR MAJOR SPORTS
  COMPETITION 22
STARTING LINE 1972 HANDBOOK 63
STORY OF THE BOSTON MARATHON, THE 76
STRENGTH, HEALTH AND LONGER LIFE THROUGH RUNNING 20
STRENGTH, POWER, AND MUSCULAR ENDURANCE FOR RUNNERS
  AND HURDLERS 81

STRIVING FOR PERFECTION IN MIDDLE DISTANCE RUNNING 28
SUPER ATHLETES, THE 67
SUPER FOOD FOR SUPER ATHLETES 81

TAFNOT 72 64
TAKING THE MYSTERY OUT OF FIBERGLASS POLE VAULTING 44
TALE OF THE ANCIENT MARATHONER 69
TEACHING TRACK AND FIELD 50
TEEN-AGE DISTANCE RUNNING 40
THERE'S A HUMAN BEING IN THAT SWEAT SUIT 36
THOUGHTS ON THE RUN 27
THROWS, THE - CONTEMPORARY THEORY, TECHNIQUE AND TRAINING 47
TIMING IN THE WORLD OF SPORTS 40
TOP TEN AVERAGES 79
TRACK AND FIELD (CAHANON) 85
TRACK AND FIELD (FOREMAN) 54
TRACK AND FIELD (GORDON) 54
TRACK AND FIELD (MYERS) 58
TRACK AND FIELD DYNAMICS 53
TRACK AND FIELD EQUIPMENT 58
TRACK AND FIELD EVENTS: FUNDAMENTALS 85
TRACK AND FIELD: FIELD EVENTS 85
TRACK AND FIELD FOR BOYS 56
TRACK AND FIELD FOR COACH AND ATHLETE 50
TRACK AND FIELD FOR COLLEGE MEN 57
TRACK AND FIELD FOR GIRLS 58
TRACK AND FIELD FOR GIRLS AND WOMEN (JACKSON) 55
TRACK AND FIELD FOR GIRLS AND WOMEN (PARKER) 59
TRACK AND FIELD FOR GIRLS AND WOMEN (SCOTT) 62
TRACK AND FIELD FOR YOUNG CHAMPIONS 85
TRACK AND FIELD FUNDAMENTALS FOR GIRLS AND WOMEN 66
TRACK AND FIELD FUNDAMENTALS FOR TEACHER AND COACH 60
TRACK AND FIELD GUIDE 1974-76 64
TRACK AND FIELD OFFICIAL'S MANUAL - 1972 65
TRACK AND FIELD OMNIBOOK 51
TRACK IN THEORY AND TECHNIQUE 61
TRAINING FOR RACE WALKING 31
TWENTIETH CENTURY TRACK, THE 48

UNITED STATES RACE WALKING STATISTICS 1969-70 75

VARIED WORLD OF CROSS COUNTRY, THE 40
VAULTING HANDBOOK 46

WASHINGTON HIGH SCHOOL TRACK AND FIELD ANNUAL - 1973 77
WEIGHT TRAINING 83
WHAT RESEARCH TELLS THE COACH ABOUT DISTANCE RUNNING 22
WHAT RESEARCH TELLS THE COACH ABOUT SPRINTING 22
WHIZ WHEELS AND A CAT CALLED QUICK 51
WHO'S WHO IN OLYMPIC TRACK AND FIELD 73
WHO'S WHO IN OREGON HIGH SCHOOL TRACK AND FIELD 1970-71 75

WHO'S WHO IN TRACK AND FIELD 70
WOMEN'S TRACK AND FIELD (STEVENS) 85
WOMEN'S TRACK AND FIELD (THOMPSON) 65
WOMEN'S TRACK AND FIELD GUIDEBOOK 1974 63
WORLD TRACK AND FIELD GUIDEBOOK, 1974

YOUNG RUNNER, THE 43
YOUNG SPORTSMAN'S GUIDE TO TRACK AND FIELD, THE 54

ZEN OF RUNNING, THE 35

Additions

LONGEST DASH, THE 40
TRACK AND FIELD MOVIES ON PAPER 23
WORLD HISTORY OF TRACK AND FIELD ATHLETES 85

INDEX TO PERIODICALS

AAU NEWS 93
ALABAMA TRACK CLUB NEWS 88
ATHLETIC JOURNAL 93

BALTIMORE ROAD RUNNERS CLUB NEWSLETTER 90

CALIFORNIA TRACK NEWS 88
COACH, THE 93
COACH AND ATHLETE 93
COLUMBIA TRACK CLUB NEWSLETTER 90
CONNECTICUT ROAD RUNNERS JOURNAL 88
CULVER CITY ATHLETIC CLUB NEWSLETTER 90

DISTANCE RUNNING NEWS 86
DSE NEWS 91

FACULTY FOOTNOTES 91
FITNESS FOR LIVING 93
FOOTNOTES (ILL.) 91
FOOTNOTES (WISC.) 91

GOLD WEST ATHLETIC ASSOCIATION REPORTER 91

HAGESTOWN, MARYLAND, RUN FOR FUN CLUB NEWSLETTER 91
HALE OF FAME NEWS 86
HARRIER, THE 86
HOOSIER ROAD RUNNERS... INDIANA STRIDERS NEWSLETTER 88

IOWANS ON THE RUN 89

JOGGERS JOURNAL 91
JOHPER 94

LETTERMAN 94
LAS VEGAS TRACK CLUB NEWS 91
LONG DISTANCE LOG 86

MASTERPIECES 91
MEDICINE AND SCIENCE IN SPORTS 94
MET TRACK 89
MASTERS NEWSLETTER 91
MINNESOTA DISTANCE RUNNING ASSOCIATION NEWSLETTER 89
MINNESOTA TRACK AND FIELD OBSERVER 89

NAIA NEWS 94
NATIONAL JOGGING ASSOCIATION NEWS 86
NCAA NEWS 94
NEW JERSEY TRACK 89
NEW YORK SCHOLASTIC TRACK 89
NORTHERN CALIFORNIA RUNNING REVIEW 89
NORTHERN CALIFORNIA SENIORS TRACK CLUB 92

OHIO RACE WALKER 89
OHIO TRACK AND FIELD NEWS 89
OLYMPIAN, THE 94
OREGON DISTANCE RUNNER 89

PNA-AAU SCHEDULETTER 90

RACING REPORT 86
ROAD RUNNERS CLUB-NEW YORK ASSOCIATION NEWS 90
ROCHESTER ROAD RUNNERS 92
RUNNERS WORLD 87
RUNNING 87

SAN DIEGO TRACK CLUB NEWSLETTER 92
SANTA MONICA TRACK CLUB 92
SCHOLASTIC COACH 94
SENIORS TRACK CLUB NEWSLETTER 92
SIX RIVERS RUNNING CLUB NEWSLETTER 92
SPARTAN CINDER CENTER REPORT 92

SPORTS ILLUSTRATED 95
STARTING LINE 87
STRIDE-ON 92
SWIMMING TECHNIQUE 95

TEXAS TRACK AND FIELD 90
TRACK AND FIELD DIGEST 90
TRACK AND FIELD NEWS 87
TRACK AND FIELD QUARTERLY REVIEW 87
TRACK NEWSLETTER 87
TRACK TECHNIQUE 87
TRACK TIMES 87
TULSA RUNNING CLUB NEWSLETTER 92

UNITED STATES WOMENS TRACK COACHES ASSOCIATION NEWSLETTER 87
USOC NEWSLETTER 95
USTFF NEWSLETTER 88

VALLEY TRACK AND FIELD 93

WASHINGTON TRACK AND FIELD NEWS 90
WINGFOOT, THE 93
WOMEN'S TRACK AND FIELD WORLD 87

YESSIS REVIEW OF SOVIET PHYSICAL EDUCATION AND SPORTS 95

INDEX OF PUBLISHERS

All-American Pub. Co.
42 Chatham Lane
Oak Brook, Ill. 60521

Allyn & Bacon Inc.
470 Atlantic Ave.
Boston, Mass. 02210

Amateur Athletic Union -
National Headquarters
3400 W. 86th St.
Indianapolis, Ind. 46268

Amateur Athletic Union -
Southern Pacific Assn.
4664 Lankershirm St.
North Hollywood, Cal.
90668

American Association for
Health, Physical Education, and Recreation
1201 16th St. N.W.
Washington, D.C. 20036

Arco Pub. Co.
219 Park Ave. S.
New York, N.Y. 10003

Arlington House Pub.
81 Centre Avenue
New Rochelle, N.Y. 10801

Associated University Press
P.O. Box 421
Cranbury, N.Y. 08512

Athletic Institute
805 Merchandise Mart
Chicago, Ill. 60654

Athletic Press
P.O. Box 2314-D
Pasadena, Calif. 91105

Bantam Books Inc.
666 Fifth Avenue
New York, N.Y. 10019

Barnes, A. S., and Co.
P.O. Box 421
Cranbury, N.J. 08512

Bloom, Marc
2445 Bragg St.
Brooklyn, N.Y. 11235

Boston Globe, The
135 Mornssey Avenue
Boston, Mass. 02107

Brown, W. C., and Co.
2460 Keiper Blvd.
Dubuque, Iowa

Burgess Pub. Co.
7108 Ohms Lane
Minneapolis, Minn. 55435

Burns Pub. Co.
Los Angeles, Calif.

Cantello, Al
Track Coach
U.S. Naval Academy
Annapolis, Maryland

Charterhouse Books, Inc.
750 Third Avenue
New York, N.Y. 10017

Creative Educational Inc.
515 N. Front St.
Mandota, Minn. 65110

Crossett and Dunlap
New York, N.Y.

Crowell, Thomas, and Co.
666 Fifth Avenue
New York, N.Y. 10003

Dell Pub. Co.
1 Dag Hammerskjold Plaza
245 E. 46th St.
New York, N.Y.

Dodd, Mead and Co.
79 Madison Avenue
New York, N.Y. 10016

Doherty, J. Kenneth
Univ. of Pennsylvania
Swarthmore, Penn. 19081

Don and Mignon
Johnson City, Tenn.

Dover Pub. Co.
180 Varick St.
New York, N.Y. 10014

Dunaway, Jim
New York, N.Y.

Eastern Illinois Univ.
Pub.
Charleston, Ill. 61920

Elusive Bar, The
P.O. Box 8302
Kansas City, Mo.

Evans, M. and Co.
216 E. 49th St.
New York, N.Y. 10017

Fearson Pub.
6 Davis Drive
Belmont, Calif.

Feldmar Watch Co.
9000 West Pico St.
Los Angeles, Calif. 90035

Felton, Sam
1035 Old Gulph Road
Rosemont, Penn. 19010

Follett Pub. Co.
1010 W. Washington Blvd.
Chicago, Ill. 60607

Hanley, Jim
17214 Welby Way
Van Nuys, Calif. 91406

Hasting House Pub.
10 E. 40th St.
New York, N.Y. 10016

Hatcher Trade Press
San Carlos, Calif. 94070

Hillcress House
Carbondale, Ill.

Holt, Rinehard & Winston Inc.
383 Madison Avenue
New York, N.Y. 10017

Houghton Miffin Co.
2 Park St.
Boston, Mass. 02107

Interstate, The
18-27 N. Jackson St.
Danville, Ill. 61832

JC Sportswire
P.O. Box 5401
San Mateo, Calif. 94402

Lea and Febiger
600 S. Washington Square
Philadelphia, Penn. 19105

Lippincott, J. B. and Co.
E. Washington Square
Philadelphia, Penn. 19105

Little Printing Co.
Fort Worth, Texas

McGraw-Hill Book Co.
1221 Ave. of the Americas
New York, N.Y. 10036

McKay, David, Co., Inc.
750 Third Ave.
New York, N.Y. 10017

Macmillan Pub.
866 Third Avenue
New York, N.Y. 10022

Meredith Pub. Co.
New York, N.Y.

M-F Athletic Co.
P.O. Box 6632
Providence, R.I.

Mosby, C. V. Co.
11836 Westline
Industrial Drive
St. Louis, Mo. 63141

MoValley Press
La Crosse, Kan. 67548

National Jogging Ass.
1910 K. St., N.W.
Washington, D.C.

NCAA Publication Service
P.O. Box 1906
Shawnee Mission, Kan.

Nelson, Thomas & Sons
30 E. 92nd St.
New York, N.Y. 10017

Norman, Richard
Rochester, Minn.

Olympic Sports Pub.
Olympic Sports Village
Upson, Wis. 54565

Oregon Track and Field
Pub.
P.O. Box 1722
Medford, Ore. 97501

Other Way
Berkeley, Calif.

Oxford Book Co.
11 Park Place
New York, N.Y. 10017

Parker Pub. Co.
West Nyack, N.Y.

Phillips, S. G. Inc.
W. 86th St.
New York, N.Y. 10024

Piper, W. F. Agency
Corvina, Calif.

Prentice-Hall Books
Englewood Cliffs, N.J. 07632

Putnam, G. P. and Sons
200 Madison Avenue
New York, N.Y. 10016

Pyramid Press
919 Madison Avenue
New York, N.Y. 10022

Random House Inc.
201 E. 50th St.
New York, N.Y. 10022

Regnery, Henry, and Co.
114 W. Illinois St.
Chicago, Ill. 60061

Road Runners Club
New York, N.Y.

Road Runners Club of America
Gar Williams
8605 Acorn Circle
Vienna, Va.

Ronald Press Co.
79 Madison Avenue
New York, N.Y. 10016

Saunders, W. B., and Co.
218 W. Washington Square
Philadelphia, Penn. 19105

Scholastic Book Service
50 W. 44th St.
New York, N.Y. 10036

Scholastic Coach Athletic Ser.
904 Sylvan Avenue
Englewood Cliffs, N.Y. 07632

Sea Classic Press
Oakland, Calif.

Spino, Mike
P.O. Box 40333
San Francisco, Calif. 94110

Squires, Bill
Boston State College
Boston, Mass.

Starting Line
P.O. Box 878
Reseda, Calif.

Sterling Pub. Co.
419 Park Avenue, S.
New York, N.Y. 10016

Stipes Pub. Co.
10-12 Chester St.
Champaign, Ill. 61820

Swift, Jo, and Co.
1248 Research Blvd.
Denton, Texas 63132

Tafmot Pub.
347 Michigan Ave.
Swarthmore, Penn. 19081

Tafnews Press
P.O. Box 296
Los Altos, Calif. 94022

Thermoflex Inc.
Salina, Kansas

Thomas, Charles Pub.
301-327 E. Lawrence Ave.
Springfield, Ill. 62703

Time-Life,
Time & Life Bldg.
Rockefeller Center
New York, N.Y. 10012

Timely Times
Park Forest South, Ill.

Tyndale House Pub.
336 Gundersen Drive
Wheaton, Ill. 60187

United States Olympic
Comm.
57 Park Avenue
New York, N.Y. 10016

United States Track and
Field Federation
1225 N. 10th Avenue
Tucson, Ariz. 85705

Univ. of Arkansas Pub.
Fayetteville, Ark. 72701

Univ. of Wisconsin Press
P.O. Box 1379
Madison, Wisc. 53701

Vantage Press, Inc.
516 W. 34th St.
New York, N.Y. 10001

Viking Press Inc.
625 Madison Avenue
New York, N.Y. 10022

Wadsworth Pub. Co.
10 Davis Drive
Belmont, Calif. 94002

Washington Track and Field
News
3835 Wallingford Ave. N.
Seattle, Wash.

Watts, Franklin, Inc.
845 Third Avenue
New York, N.Y. 10022

West Valley Track Club
P.O. Box 1551
San Mateo, Calif.

Who's Who
P.O. Box 276
Canyonville, Ore. 97417

Winter Enterprises
1430 Cherrydale St.
San Jose, Calif.

World Marathon Runners Assoc.
P.O. Box 36522
Houston, Texas

World Publications
P.O. Box 366
Mountain View, Calif. 94040

World Pub. Co.
New York, N.Y.

Worldwide Pub. Co.
1313 Hennepir Avenue
Minneapolis, Minn. 55403

Yates Printing Co.
6900 Lee Highway
Arlington, Va.

Zondervan Pub. House
Grand Rapids, Mich. 49506